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Best in dough

HOW GREAT BRITISH BAKE OFF STARS MADE NEW SERIES COVID-FRIENDLY

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True tastes of the Orient

WRITER EXPLORES HER LOVE OF ASIAN CUISINE IN LATEST BOOK

There are far more variations of soy sauce than the average supermarket would have you believe.

I spend a good 20 minutes in my nearest Chinese store just reading hundreds of soy sauce bottle labels.

It's tough not to scoop the lot into a basket and take it all home – which is likely what Pippa Middlehurst would do. "If I go to a Chinese supermarket now and I see an ingredient I don't have in my pantry, I want it, and I want to know what to do with it, and I want to know how it tastes," says the Manchester-based food writer, and author of new cookbook, Dumplings And Noodles.

If you're new to pleating your own gyoza, and making bao, biang biang noodles and ramen, the book will have you escaping the limited condiments aisle in Tesco, and tracking down ingredients like Chinkiang black vinegar, Shaoxing rice wine, dried shrimp and shiro miso paste.

BY ELLA WALKER

You may recognise Middlehurst from her stint on Britain's Best Home Cook, which she won in 2018. A cancer research scientist, she's now focuses on food full-time, writing recipes, running cookery classes, and is to open Noodlehaus, a culinary community space, this autumn.

She makes the idea of throwing a bowl of noodles together for lunch seem achievable, and sensible. We make her charred broccoli soba – aka hangover noodles – with a crispy fried egg on top (for adequate crispiness, Middlehurst says a wok is a must).

Separately but together, we char branches of tenderstem broccoli, frazzle garlic and chilli in a pan, and douse soba noodles in soy sauce and Chinkiang black vinegar. The fried egg oozes yolk over radish slices and slivers of spring onion.

While for quick meals, dried noodles are the go-to, in the book, Middlehurst also explains the science of hand pulling noodles and the graft required.

Her interest in Asian cuisines – she has dishes from China, Japan and Taiwan in her book – stems from her granddad's pursuit of excellence. "He prided himself on where to find the best restaurants," she recalls. He would take Middlehurst and her siblings for dim sum at a restaurant on top of a Chinese supermarket on an industrial estate "He just always knew where to find the best of the best," she said. The supermarket was as fascinating as the dim sum. "That giddiness and intrigue has never really left me," she adds.

● Dumplings And Noodles by Pippa Middlehurst, photography by India Hobson, is published by Quadrille, priced £16.99.

REAL-DEAL PRAWN TOAST

(SERVES 4)

INGREDIENTS

- **500g raw peeled king prawns – fresh, or frozen and defrosted**
- **2tbsp lard (or vegetable shortening, for pescatarians)**
- **2 spring onions**
- **1tsp ground ginger**
- **1tsp light (soft) brown sugar**
- **1tsp fine sea salt**
- **2tsp cornflour**
- **2tsp sesame oil**
- **5tbsp white sesame seeds**
- **5tbsp black sesame seeds**
- **4 slices of medium white toastie bread**
- **Neutral oil, for frying**

TO SERVE:

- **1tbsp Kewpie mayonnaise**
- **2tbsp katsuobushi flakes**
- **1 sheet of nori, toasted and ground**

METHOD

1. Add half of the prawns to a food processor with the lard (or vegetable shortening), spring onions, ginger, sugar, salt, cornflour and sesame oil. Pulse to a paste.

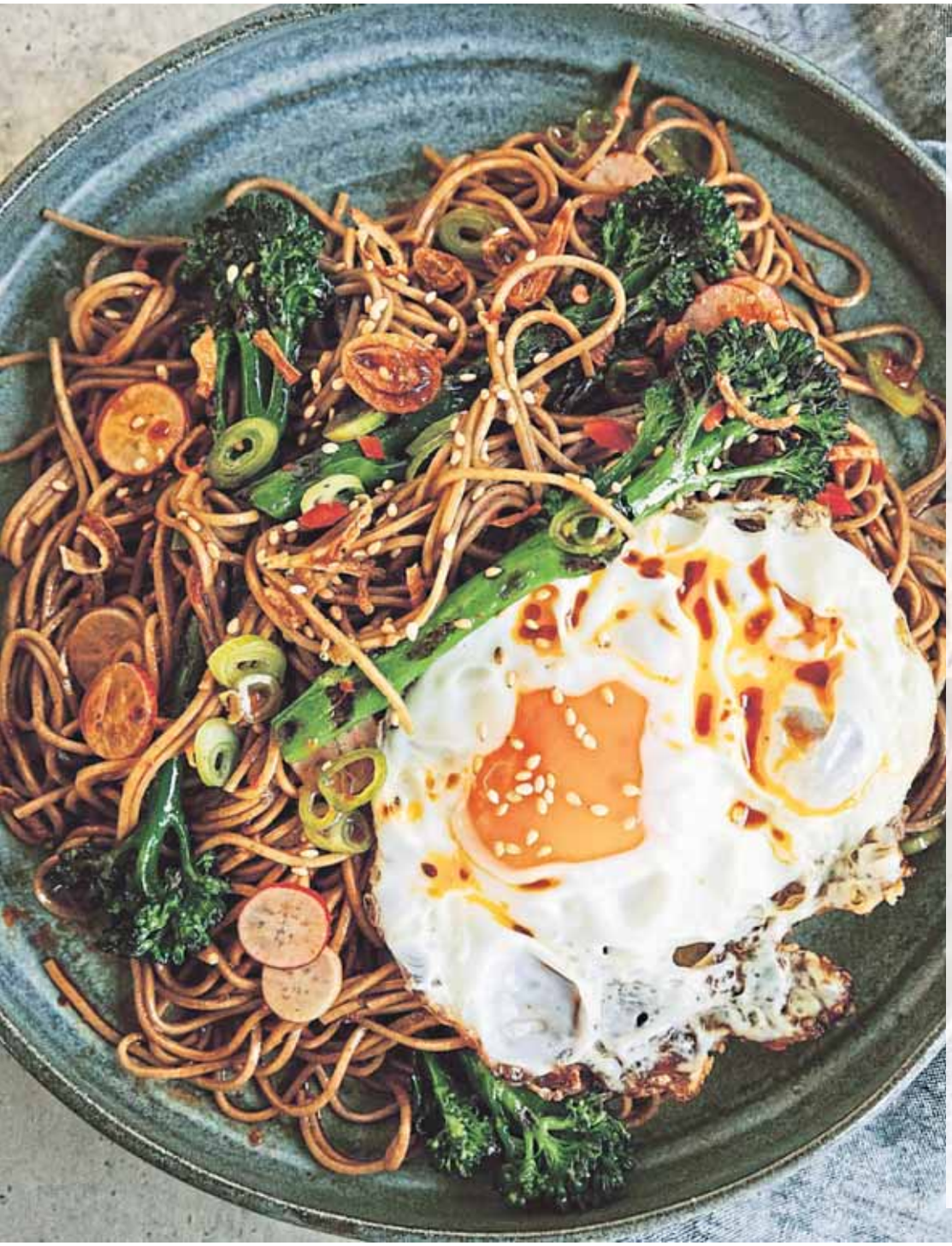
2. Chop the remaining prawns into roughly 1cm pieces, then add to the food processor and pulse only twice to combine, to create a bit of texture.

3. Put the white and black sesame seeds in a shallow dish. Spread a quarter of the prawn mixture on to a slice of bread so that the mixture is around 1cm thick. Gently place the bread, prawn side down, into the sesame seeds, so that the seeds coat the prawn mixture all over. Lay the bread, uncovered side down, on a tray lined with baking paper, then repeat with the remaining filling and slices of bread.

4. When you're ready to cook the toasts, pour enough neutral oil into a large frying pan to fill it to a depth of about 2cm. To test that the oil is hot enough, add a small piece of bread to the pan; once it begins to sizzle, the oil will have reached the correct temperature.

5. Fry the prawn toasts in batches for thee to four minutes on each side, then drain on paper towels.

6. Cut the prawn toasts diagonally into quarters and serve topped with Kewpie mayonnaise, katsuobushi flakes and nori flakes.



HANGOVER NOODLES (CHARRED BROCCOLI SOBA)

(SERVES 2)

INGREDIENTS

- **1 handful of tenderstem or purple sprouting broccoli, any leaves removed (around 100g/4oz)**
- **About 100g dried soba noodles (2 nests)**
- **1tsp sesame oil**
- **1tsp neutral oil**
- **½ red chilli, deseeded and diced**
- **½ garlic clove, diced**
- **2 radishes, sliced**
- **1 spring onion, sliced**
- **2tsp sesame seeds, toasted**
- **2tsp fried crispy shallots (store-bought)**
- **1 fried egg, to serve (optional)**
- **For the seasoning sauce:**
- **1tbsp light soy sauce**
- **½tbsp Chinkiang black rice vinegar**
- **1tbsp chilli oil (preferably homemade)**
- **¼tsp light brown sugar**

METHOD

1. Mix together all the ingredients for the seasoning sauce in a small mug or bowl and set aside.

2. Heat a griddle pan on a high heat and lay the broccoli in the hot pan. After two to three minutes, you should begin to smell that lovely charring aroma, at which point you should check the broccoli and turn it over. Keep an eye on it as it cooks and remove from the pan when it is evenly charred on both sides (see note below). Set aside.

3. Cook the noodles until al dente in a pan of boiling salted water for three minutes. Once the time is up, tip them into a colander and rinse under cold water. This removes any excess starch and keeps the noodles bouncy and separate – don't skip this step, or you risk creating a sticky ball of gunk! Add the sesame oil to the noodles while they're in the colander, to coat them. Leave the noodles in the colander.

4. Heat the neutral oil in a wok or frying pan over a medium-high heat and add the chilli and garlic. Stir-fry for one minute, keeping them moving in the wok to avoid burning. Throw the broccoli into the pan, followed by the noodles, and stir-fry for 30 seconds. Add the radishes and spring onion, then remove the wok from the heat. Pour the seasoning sauce over the noodles and use tongs to coat everything in the mixture.

5. Sprinkle over the toasted sesame seeds and crispy shallots and serve with a fried egg, if you like!

- NOTE: If you don't have a griddle pan, preheat the grill, lay the broccoli on a baking tray and cook under the grill for the same length of time, turning over halfway.

Drinks

SELECTIONS OF WINE CHOSEN TO COMPLEMENT EVERY OCCASION

FRED SIRIEIX'S CLASSIC 6 BOTTLE MIXED CASE

£48.50, MARKS & SPENCER

Famed as the maître d' with matchmaking skills on TV's First Dates, Fred Sirieix has teamed up with Marks & Spencer to bring a great restaurant experience to wine lovers dining in. Beth Kelly, M&S wine specialist said: "With three red and three white wines there's a real variety, from a silky Beaujolais Villages to a crisp German riesling."

CONNOISSEURS MIXED WINE TRIO

£34.99, VIRGIN WINES

If you don't want to put all your corks in one basket, this terrific trio features a broad-shouldered Aussie shiraz made from some of the best parcels in South Australia; a mature Rioja Gran Reserva 2011 from an excellent vintage, and a juicy South African sauvignon blanc, which offers guava, passion fruit, gooseberry and citrus notes.

THE CHÂTEAU DE BERNE COLLECTION

£70, WINEBUYERS.COM

The red, white and rosé in this six-bottle case are just some of the reasons we love the south of France. "Being unable to get away this year, I need something to remind me of the wider world," says Winebuyers.com founder Ben Revell. "These wines could be nothing but Provençal, from the bottle shapes to the herby garrigue and warmth of the reds."

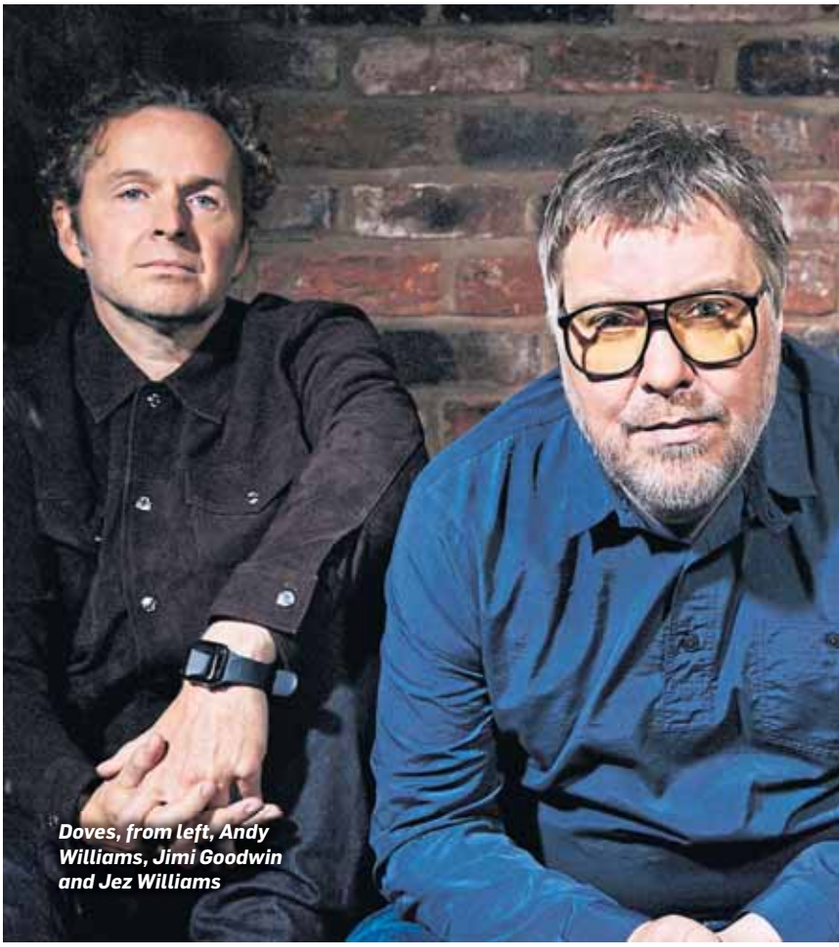
BEST SELLING WINES CASE – 10 BOTTLES

£89.95, THE WHISKY EXCHANGE

From the Andes to sunny Sicily, this bestsellers case captures the essence of New World and Old World wines. "This case is fantastic value...and has something for everyone," says Dawn Davies of The Whisky Exchange. "Classic wines like juicy malbec and easy-drinking prosecco, to something for those who want to try something new."

Reunited Doves sing out again

NEW ALBUM AFTER 11 YEARS OF HIBERNATION



Doves, from left, Andy Williams, Jimi Goodwin and Jez Williams

In 2009, Doves released Kingdom Of Rust, considered by many as their creative peak, but then they went their separate ways, suddenly and without fanfare.

The Cheshire band, who rose from the ashes of Britpop to pioneer a world-weary, introspective sound, were run down after years on the treadmill of recording and tours.

Twin brothers Jez and Andy Williams (on guitar and drums respectively) and singer-cum-bassist Jimi Goodwin needed some time apart.

"We never called it a day, it was just a long break," explains Andy, 50, over the phone, as Doves prepare to release their fifth album, The Universal Want.

"It was a tough record to make, Kingdom Of Rust.

"People were going through personal stuff and it had been solid recording and touring up to that point.

"It's crazy when I think about it. It was too long a time, but there we go."

Doves found their feet during the early 90s, post-Second Summer Of Love, performing as a ravey house music-influenced act called Sub Sub.

BY ALEX GREEN

As schoolboys they had been inspired by regular trips to the hallowed dance floor of Manchester's Hacienda nightclub.

They even reached number three in the charts with the single Ain't No Love (Ain't No Use).

But in 1996, the band's Ancoats studio burned down and they were faced with a decision: rebuild or start anew.

Be thankful they chose the second option and recalibrated as Doves in 1998, releasing four albums of atmospheric, alternative north-western noir, culminating in Kingdom Of Rust.

That album was lauded as a perfect summing up of their two decades in music.

"There was never any big falling out or anything," recalls Andy.

"A lot of bands get to a point where they can't stand the sight of each other.

"I felt that when we regrouped everyone was really ready for it. We felt we had a lot of music in us."

While on hiatus, the Williams twins continued to work together under the name Black Rivers.

They were drawn back to Goodwin by chance during recording sessions in a rented house in the Peak District.

"It was dead exciting," he admits.

"We started songwriting together in 2017 but we didn't tell anyone for a year or two.

"That way there was no pressure because it might not have worked out.

"After three of four songs we knew we had an album in us."

The twice Mercury Prize-nominated band continued to work on songs between studios in the North West and the Midlands.

The album's title, The Universal Want, points towards a message of anti-consumerism. I'm as guilty as the next person. I always want the next thing," Andy admits.

"It's an eternal impulse that things are better elsewhere."

The Covid-19 pandemic and lockdown, Andy says, has imbued the album with extra meaning, as the British public are forced to weigh up their physical and mental needs at home.

"It's seems weirdly resonant now," he observes.

Time has changed Doves but not so much that they have lost their essence.

The holy trinity of guitar, bass and drums is still present, as is their brand of

Latest music OUR PICK OF THIS WEEK'S

ROACHFORD
TWICE IN A LIFETIME

Andrew Roachford's latest solo album comes after a seven-year hiatus.
That's not to say the British pop singer, best known for his 1988 hit Cuddly Toy, has been resting on his laurels. Since then, Roachford has executed a rewarding move to Mike And The Mechanics, joining the supergroup as vocalist.
Twice In A Lifetime, though, is something else entirely.
Roachford is on tip-top form. These 13 new tracks ooze Motown glamour and show off a production style that suits his silken, powerful voice.

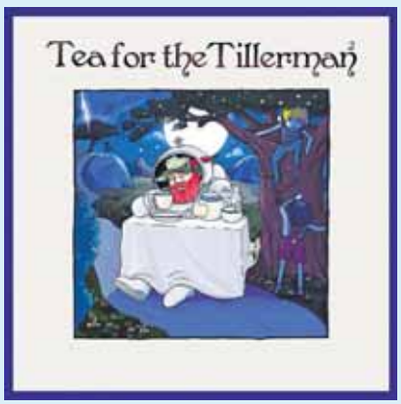
NAPALM DEATH
THROES OF JOY IN THE JAWS OF DEFEATISM

Napalm Death return to provide one answer with their 16th studio album, and first since 2015, when the world looked very different.
The grindcore pioneers have spent decades purveying alienation and apocalyptic visions, and in the time of coronavirus their sound and fury signifies something timely.
A few albums this year have tried to articulate the sense of chaos and doom, but none has sounded remotely as angry as Napalm Death. Not even the Dalai Lama.

ALBUM OF THE WEEK

YUSUF/CAT STEVENS
TEA FOR THE TILLERMAN 2

**The folk veteran marks the 50th anniversary of his classic album with a full re-recording, which finds him in playful and celebratory mood.
The cover art sets the tone, a night-time version of the original with the Tillerman in a spacesuit and the children alongside him glued to smartphones. Emblematic of the project is the reworked Father And Son, with modern-day Yusuf singing the Father's vocals and those of the Son taken from a 1970s live recording. Longer Boats has undergone perhaps the biggest facelift, with a guest spot from rapper Brother Ali. The album still sounds fresh and environmental anthem Where Do The Children Play? remains distressingly relevant.**



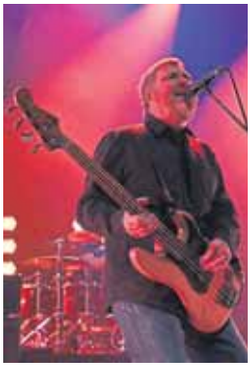
melancholic euphoria. The song Carousels recalls hazily the seaside amusements of their youth, while the title track harks back to the heady days of acid house.

But the last decade has matured the Doves sound and new influences, such as the jazz-shuffle of Afrobeat, have crept into the mix.

Carousels even samples the late drummer Tony Allen.

"We feel it is important to keep moving on," Andy explains.

● The Universal Want is out now. Doves will tour the UK in 2021.



NEW RELEASES

AG COOK
APPLE

Only a few weeks ago, AG Cook released a 159-minute, seven-part opus titled 7G – a glorious, haphazard collection of songs that showcased the avant-garde sound of his label, PC Music.
Apple is much more concise at 10 tracks and just under 40 minutes. The 30-year-old English producer, whose recent collaborations have included Hannah Diamond and Charli XCX, has said this is his attempt at "pure, classic songwriting".
This is certainly AG Cook's most personal record, and another example of his burgeoning talent.

KEITH URBAN
THE SPEED OF NOW PART 1

The title of Keith Urban's 12th studio album – The Speed Of Now Part 1 – could not be more apt for this year, despite being conceived in October 2019.
And meaning is not something this album is short of.
Urban's collaboration with Pink on One Too Many is stunning, while other collaborators on the album include Breland, Nile Rodgers and Eric Church. Tracks like Superman, Forever and Say Something are affectionately catchy. There's no absence of heart throughout this entire repertoire and it's another impressive offering for Urban.

TELEVISION

NEW TO STREAM

THE TUNNEL (15)
BUY, DOWNLOAD OR STREAM
ACTION/THRILLER/ROMANCE

**Emergency first responder Stein (Thorbjorn Harr) looks forward to spending Christmas with his teenage daughter Elise (Ylva Lyng Fuglerud).
When a tearful Elise discovers her father's new girlfriend will be there, she boards the next express bus to Oslo. The bus zooms into the Storfjell tunnel shortly after a petrol tanker collides with a wall. An explosion fills the tunnel with poisonous, choking smoke.
Stein and his colleagues race to the scene, unaware that Elise's life hangs in the balance.
Director Pal Oie amasses a hefty body count to sustain tension and keep us guessing about who will survive.**

JURASSIC WORLD: CAMP CRETACEOUS
8 EPISODES, NETFLIX
ANIMATION/ACTION/ADVENTURE

**Dinosaurs continue to rule the Earth in a computer-animated expansion to the Jurassic Park franchise set during events of the 2015 film Jurassic World.
Counsellors Dave (voiced by Glen Powell) and Roxie (Jameela Jamil) welcome six misfit teenagers to the first Camp Cretaceous.
When dinosaurs escape their enclosures and go on the rampage, Ben (Sean Giambrone), Brooklynn (Jenna Ortega), Darius (Paul-Mikel Williams), Kenji (Ryan Potter), Sammy (Raini Rodriguez) and Yaz (Kausar Mohammed) realise they must put their differences aside to survive the hostile environment.**

Moving final farewell

BLACKBIRD (15)
BUY, DOWNLOAD OR STREAM
DRAMA/ROMANCE

**Lily (Susan Sarandon) is terminally ill and has decided to take her own life aided by her doctor husband Paul (Sam Neill) before the pain rippling through her body completely overwhelms her.
She gathers together family and best friend Elizabeth (Lindsay Duncan) for a weekend of celebration and reflection before she bids a peaceful adieu to the world.
Spirited daughters Jennifer (Kate Winslet) and Anna (Mia Wasikowska) are at loggerheads about their mother's plan.
They loudly voice their feelings while Jennifer's husband Michael (Rainn Wilson) and teenage son Jonathan (Anson Boon) and Anna's partner Chris (Bex Taylor-Klaus) play nervous peacemakers.
Lily watches helplessly as loved ones land bruising verbal blows and she reluctantly accepts that she cannot dictate every facet of her tear-jerking final hurrah, which includes an early Christmas dinner with all the trimmings.
Based on the 2014 Danish drama Silent Heart, Blackbird is a moving and thought-provoking drama about euthanasia that relies heavily on director Roger Michell to navigate**

**the bumps in Christian Torpe's screenplay including unnecessary angst in the final act.
Sarandon brings quiet dignity to her showy role as a mother hen, who refuses to surrender control to her illness.
She gels convincingly with Neill and Duncan as the steadfast support system, who will help Lily to drift away on a cloud of pain relief.
An elegiac orchestral score composed by Peter Gregson coaxes copious tears on screen and for the most part, we follow suit.**

RATCHED
8 EPISODES, NETFLIX
THRILLER/DRAMA/ROMANCE

**In 1976, Louise Fletcher won an Oscar for her searing portrayal of nurse Mildred Ratched in One Flew Over The Cuckoo's Nest.
Ryan Murphy and Evan Romansky imagine the early years of the character in this suspenseful eight-part drama set in 1947 northern California.
Mildred (Sarah Paulson) arrives at a leading psychiatric hospital, which is the epicentre of ground-breaking experiments on the human mind.
Once Mildred is firmly embedded in life at the hospital, she surrenders to the growing darkness within and a monster is born.**

ENOLA HOLMES (12)
NETFLIX
DRAMA/THRILLER

**Solving crimes is a family matter in a fast-paced caper based on the book series by Nancy Springer, which puts a fresh spin on the mythology of Sherlock Holmes.
Enola Holmes (Millie Bobby Brown), younger sister of Sherlock (Henry Cavill) and Mycroft (Sam Claflin), wakes on her 16th birthday to discover that their mother Eudoria (Helena Bonham Carter) has vanished.
In her place are a dizzying array of gifts.
Defying the wishes of her older siblings, Enola refuses to attend finishing school and heads to London to put her sleuthing skills to the test.**

MADDEN NFL 21

PLAYSTATION 4, SPORTS, £54.95

This sporting game juggernaut continues to roll on, even if there are now some cracks beginning to show. The best thing about Madden NFL 21 is the new The Yard mode, a casual 6v6 backyard rules version of American Football that is both a great introduction to the game and sport for newbies or a fun pace change for pros. On the field too, Madden looks as good as ever – player movements and animations are smooth and the AI feels well balanced too. The issue is other areas of the game feel tired or unfinished: Franchise mode has barely changed for example, while the new Face of the Franchise story mode lacks a lot of polish. Players after an NFL fix will be happy with Madden NFL, those after something deeper won't be.

Get into gear for race fun

GAME OF THE WEEK

WRC 9

PLAYSTATION 4/XBOX ONE/PC, RACING, £49.99

Variety wins for WRC's latest title, offering a wider choice of game modes, including a new addition Clubs giving players a chance to create their own championships, as well as a tester mode to try out cars freely. Being officially licensed means the full set of drivers and vehicles, across Junior WRC, WRC 3, WRC 2 and the main WRC, which make up the key part, career mode. There are also three new rallies – Japan, New Zealand, Kenya – and some classic cars, giving plenty of new content to enjoy.

Vehicle handling is great on WRC9 and you can make tweaks to the difficulty. While the driving experience has a good level of realism to it, the sound is perhaps the only thing that could be improved. But updates promise even bigger things to come, namely a co-driver mode where you must support a friend in the driver seat.

DEADLY DAYS

NINTENDO SWITCH, ACTION / STRATEGY, £17.09

Zombie games are nothing new but Deadly Days goes down the simple is best route, opting for basic pixel art in this strategy rogue-lite. The idea is to build up base to keep it safe from a horde of zombies, sending your group of survivors out on various tasks from a mission map. These are timed, as when night falls, the zombies become stronger to the point where you have zero chance. The time doesn't give you a great duration to properly explore each area and you have to leave some survivors to go about tasks away from view without any immediate indication of how well they are doing, you have to keep scanning across the map, frustratingly. There is plenty of energy within the game to keep you satisfied and even some special abilities, such as one that freezes all zombies temporarily, to add some freshness to the fun.

GRIEFHELM

PC, SWORD PLAY, £15.49

This 2D sword-swinging medieval fighter is one of those that are best played with friends in multiplayer for maximum results. Moving left to right allows you to progress through the main campaign mode, taking on enemies who stand in your way. Battles are challenging enough, but annoyingly objects can obstruct your view from the action, requiring you to move to see what is going on, taking your focus away from the battle at hand. Once you've lost your last life, progress resets to the beginning but rewards can be used to boost your chances. There are other modes to vary the fun out, such as a tug of war conflict, fighting your way to the enemy's side of the screen, which we enjoyed. But ultimately, we found it too repetitive after a period of time.

Pair on the road again

EWAN MCGREGOR AND CHARLEY BOORMAN REUNITE FOR A TOUGH SOUTH AMERICAN TRIP

"It's a long time coming," notes Ewan McGregor of his reunion with fellow actor and motorbike enthusiast Charley Boorman.

BY DANIELLE DE WOLFE

Twelve years to be precise.

Following on from the success of 2004's Long Way Round and 2007's Long Way Down, the pair's new Apple TV+ series, Long Way Up, documents their adventure across some of the remotest regions of South America.

"We'd always thought about doing this third trip," says McGregor.

"When you look at a world map, we'd gone directly across it and we went down through the African continent, so there was this glaring other route through the Americas that was left to do.

"Charley and I had drifted apart somewhat over the years since we did Long Way Down, due to the fact I'd moved to America and Charley was very busy – he'd made some other shows and he was touring with other people on motorbikes.

"So, when I was working in London or I came over to visit family in London, Charley was often just not there. There was no fallout or anything, we just sort of drifted apart."

It's often said that a near-death experience can act as a catalyst for change. In the case of McGregor and Boorman, it was a freak accident during a European trip that acted as the trigger for a long-overdue reunion.

Scottish star McGregor, 49, first rose to prominence in Danny Boyle's cult classic Trainspotting and subsequently starred in blockbusters including Star Wars: The Rise Of Skywalker and DC Comics' Birds Of Prey.

Similarly, Boorman, 54, who is also a travel writer, has released a string of books documenting his adventures both on and off his motorbike, including Extreme Frontiers and Right To The Edge.

"I think you'll see in the show, Charley had a very terrible motorcycle accident in Portugal and I think it sort of reminded me that you can't let these important friendships in your life drift and you've got to look after them," says McGregor.

Long Way Up with Charley Boorman and Ewan McGregor

Charley Boorman and Ewan McGregor

"As soon as I was able to, I got to see Charley in London and then we picked right up where we'd left off.

"It was like no time had passed. Poor old Charley was wheeling around; it took a long time — he had an almost two-year recovery from that accident, which was really brutal."

The accident in question took place while on a press trip celebrating the launch of the new Triumph motorbike. The near-fatal encounter saw Boorman career into a wall in an attempt to avoid an oncoming motorist.

"It was touch and go as to whether I'd keep one leg," recalls Boorman.

"Thanks to the doctors, I did and I'm able to ride motorbikes again. But for me, it was always about my therapy — and my physiotherapy was all focused on the fact I needed to get back on that motorbike and have that freedom.

"I think that happens to a lot of people who ride motorbikes. Ewan broke a leg just before starting Long Way Down and I'll never forget, I was in the warehouse and Ewan turned up with his plastic boot on, hobbling in.

"He goes, 'hey, I'm just taking the Sunbeam (motorcycle) out'. And I said, 'it's a bit early, isn't it?'"

Armed with a rekindled desire to get back in the saddle and set forth on a new adventure, plans for a third instalment of the Long Way series quickly fell into place.

"It wasn't long before we were sitting in Charley's house with Russ Malkin, our British producer, and David Alexanian, our American producer, and we started dreaming up this Long Way Up trip," McGregor recalls.

Conversation then turned to the potential for swapping traditional petrol-fuelled motorbike engines for a greener alternative. The idea? To put renewable energy to the test in some of the most remote regions on Earth.

"When we decided to go electric, I don't think we wanted the electric motorcycle to get in the way of the adventure; we wanted it to be part of it. And I think we were both very excited about that," says Boorman.

"They were all prototype vehicles that weren't really in production or weren't up for sale, y'know? We didn't get much of a chance to be able to test them," he added.

The adverse weather conditions they encountered, coupled with the newly rekindled friendship, saw the trip transform into an extreme bonding experience.

In particular, a wide stretch of Bolivian desert, which proved "some of the hardest riding I think that we did on the trip. It really pushed us to the limit", recalls Boorman.

"I'd fall off and suddenly Ewan would be there helping me up and vice versa.

"It's very nice to know that your best friend has got your back and is there to pick you up — it's a very special relationship."

LONG WAY UP

THE FIRST THREE EPISODES OUT NOW ON APPLE TV+ WITH NEW EPISODES ROLLING OUT WEEKLY

5 MINUTES WITH...

STEPH MCGOVERN

Not many of us have been as productive as Steph McGovern during the Covid-19 lockdown.
The Middlesbrough-born journalist filmed The Steph Show live from her front room for six weeks from the end of March. Now, the 38-year-old former BBC Breakfast presenter is returning with the magazine show – but this time it's called Steph's Packed Lunch and is airing for 100 minutes every weekday on Channel 4.

HOW DOES IT FEEL TO BE BACK ON OUR SCREENS WITH STEPH'S PACKED LUNCH?

What's been brilliant is being able to do a show in lockdown, and for that to go well, and then for us to have a break, re-group, and then work out what worked and what didn't, and then try and make it even better for the next one.
It's going to be very different because obviously we're out of the house – I'm going to be allowed near people! So that's exciting, to have an audience and have that interactivity and just for me to chat to people.

THIS SERIES MUST FEEL A LOT LESS CHALLENGING THAN THE STEPH SHOW...

Lockdown was so surreal for all of us, and nobody knew what was going to happen next, and I didn't think lockdown was going to be that for long. So I never expected to do a show from my house for that long. We had someone there 24/7 because of security. Every night I would take a little bowl of food out to the guy in the van.

HOW HAVE YOU FOUND HAVING A SMALL BABY DURING LOCKDOWN?

I think it's been brilliant because I've got to spend so much time with her, but obviously there were times when it gets really hard because you just need a bit of a break. And it's made me really, really appreciate how hard single parents must work. Me and my partner have tag-teamed the whole way through and I genuinely just don't know how people do it on their own.

CAN YOU EXPLAIN HOW STEPH'S PACKED LUNCH IS DIFFERENT FROM THE STEPH SHOW?

Lots of content will be driven by who's sitting in the studio. We are going to have lots of different community groups in the audience.
There's going to be celebrities as well but, for me, they're part of the audience; I want it to be anyone who is on the show, you're all just as important as each other, and that includes the team, the crew. So, there's every chance you'll see who the crew is as well.

HAVE YOU BEEN FEELING NERVOUS ABOUT BEING ON TELLY AGAIN?

The world's so mad at the moment, nothing is as scary as it normally is, because everything's scary.

HOW DOES IT FEEL TO BE A ROLE MODEL FOR YOUNG WOMEN IN JOURNALISM

I do a lot of mentoring, particularly for people from tough backgrounds in my hometown. It's not all about who you know, or how much money you've got. You've got to be determined, you've got to work hard – but you'll get there.

● Steph's Packed Lunch airs on weekdays on Channel 4.

Tom Hollander as Douglas Petersen, Saskia Reeves as Connie

Breaking up

MARRIAGE BUST-UP STORY PACKS A PUNCH BY AVOIDING MELODRAMA

BY GEORGIA HUMPHREYS

Adapting a novel for a new TV series is always a risky move.

Especially when it's a book by much-loved author David Nicholls, also known for One Day, The Understudy, and Starter For Ten.

But fear not – BBC One's Us is a hilarious, poignant and relatable watch.

The story starts rather dramatically with a marriage breakdown; we see Douglas Petersen (Tom Hollander) blindsided when his wife Connie (Saskia Reeves) tells him that she's not sure she wants to be married to him any more.

The announcement comes just as they are about to embark on a family grand tour of Europe but the couple decide to still go on the trip, with Douglas vowing to win back the love of his wife and also tackle his troubled relationship with their teenage son, Albie (Tom Taylor).

Bristol-born Hollander, 53, notes how it's a situation that "feels very true".

"Lots of people live long enough these days to simply want their life to have other chapters," notes the star, known for BBC shows such as sitcom Rev and thriller The Night Manager.

"And so it's a story about that, rather than some scandalous betrayal or some terrible moment in which one person let the other person down.

"It's a story of hope – because something is ending doesn't mean it's the end of everything, seems to be the moral of the story."

Here, we chat with Hollander, plus his co-stars, Tom Taylor and Saskia Reeves, to find out more.

FAMILY FEUDS

What's particularly lovely to see as Us progresses is how Douglas and Connie's relationship with Albie changes over the weeks that they spend away.

"Albie's not really keen on going on his parents' journey to revive their marriage, he's kind of over it," suggests Surrey-born Taylor, 19, who starred in BBC hit drama Doctor Foster.

"His dad is very much about science and maths, and Albie wants to be an artist. You eventually start to see the son and dad become a bit closer over three weeks – they experience a lot with each other which they wouldn't experience if they didn't go on this tour.

MEGA TRIP

Making the four-part drama saw the cast on location for about three months, during which they went to four different countries.

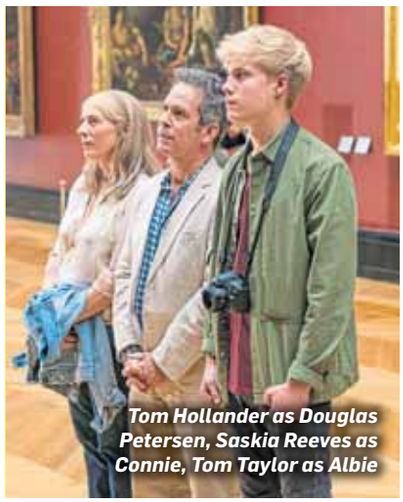
They spent time filming at tourist hot spots such as Paris's Louvre, which was closed for the day for filming, along with the Rijksmuseum in Amsterdam and the Muro gallery in Barcelona.

"We had this incredibly privileged experience of being near these paintings, which normally you would have to wait to see," reflects 59-year-old Reeves, whom you'll recognise from Luther.

Londoner Reeves agrees it was a real bonding experience to be working abroad together for so long.

"Also, the first three weeks we shot all the stuff in the family home from beginning to end – that was a nice way to begin the whole story."

Saskia Reeves as Connie



Tom Hollander as Douglas Petersen, Saskia Reeves as Connie, Tom Taylor as Albie

slowly

SIMPLE STORY

Us isn't a melodramatic script with lots of big fight scenes; a lot of emotions and feelings are left unsaid, which can be challenging, admits Hollander.

"On the one hand it's easy that you don't have to imagine something that is possibly outside your experience, in the way that you do if you're acting in something with real high melodrama," he elaborates.

"On the other hand, you can be lulled into a false sense of security, where you go, 'Well, this is so ordinary, I can just mooch my way through it'. And, actually, to do it really well you need to bring real depth to it and then it would become really great. That's the challenge.

"It's not as hard as it would be if someone said 'You've got to jump on that horse, and ride through that burning building and then cradle your dying loved one in your arms'."

Discussing her character's arc, Reeves says: "What makes it such a successful book is David's written this story about a break-up of a marriage and it's the wife trying to spread her wings and trying to run away from getting older.

"That's what makes it refreshing, because it's from an unusual point of view that quite often doesn't get seen."

COMMON SITUATION

The drama feels particularly timely, considering that a lot of couples and families – who were unable to spend time away from each other because of lockdown restrictions – have probably experienced exacerbated tension over recent months.

Watching the show back now, is this something the cast have thought about?

"Well, my son is 18 now and will be 19 at the end of the year, and things have got a bit sticky," confides Reeves.

"But I think that's because he feels so exposed because we've all been under the same roof for so long.

Meanwhile, Taylor notes the reason Us is a good story to adapt for TV is because everyone in the family is implicated: "You have a teenager who has a funny relationship with his dad, but on the other hand has a great relationship with his mum."

US

STARTS ON BBC ONE TOMORROW

Here is your bingo game for this week, keep it safe and mark off your numbers every day. Start playing today, your first set of numbers are inside your WeekendTelegraph (normally on page 17).

How to claim

To claim a full house prize, you must call the claim line on 01224 343187 between 9am-11am the next publishing day after your last numbers appeared in paper. Claims from Friday to be made the following Monday. Ensure that you have your bingo grid to hand as you will be asked to quote your unique code.

How to play

A selection of numbers will be printed in paper daily from Saturday to Friday. If any numbers published in-paper appear on your bingo grid for the game in play – mark them off! When you've marked off all 15 numbers on your grid for the game in play, you can make a claim for that game and the weekly prize money. The first person to claim on a full house will scoop the **£250 jackpot**. In the event of more than one winner at the same time then the jackpot will be split between the winning players. Maximum of five claims paid out per week – first five claims will be honoured.

For any queries about bingo, or if you are a digital subscriber, please call **01224 343187**

UNIQUE CODE	DATE	GAME

T&Cs: Persons under the age of 18 are not permitted to take part in the weekly bingo. Please see the website for full T&Cs http://www.eveningtelegraph.co.uk/competition-terms/

EveningTelegraph

EMMERDALE: New arrival Meena

Mitch senses trouble afoot

OUR ROUND-UP OF ALL THE BIG SOAP ACTION FOR THE WEEK AHEAD

EASTENDERS

Karen, Mitch and the family return from Southend to the heartbreaking news about Chantelle, but even in the midst of his grief, Mitch realises there is an atmosphere between Gray and Kheerat.

The dad's suspicions grow when he discovers Kheerat has Chantelle's memory box. Away from Suki's disapproving glare, Kheerat opens up to Mitch about the fact that Chantelle was unhappy with Gray and puts forward his theory that the lawyer found out and had a row with his wife, which got out of hand.

So, when the police later tell Gray that they have new information, will it turn out that they also share Kheerat's suspicions?

Ruby's financial troubles continue, and her love life could also be looking shaky when Stacey returns. Martin insists he doesn't still have feelings for his ex.

Callum is torn as he considers Thompson's offer, Amy accuses Isaac of using drugs, and Sharon tries to call Ian's bluff by saying she'll move out of the Vic, but doesn't get the reaction she was expecting.

CORONATION STREET

Daniel's obsession with Nicky continues. He now wants to have a normal relationship with her, but she claims she can't afford to give up escorting due to debts.

Despite this, they tentatively begin a romance, just as he spots a way to get her out of her financial mess – Geoff accidentally leaves an envelope of money behind at Adam's office. Daniel pockets it and gives it to Nicky, who's overjoyed, which is more than can be said of Geoff when he realises it's missing.

He returns to the office and demands its return, but Daniel denies all knowledge. Adam backs him up but is suspicious and warns Daniel not to get on the wrong side of the local villain.

Meanwhile, Nick offers to sell his shares in Underworld to help fund Oliver's treatment in Germany. Inspired by the move, Steve suggests cashing in on their businesses with Tracey – you can probably imagine her response.

Billy and Paul speak to the local newspaper about Todd's disappearance, while Peter and Abi's friendship causes problems.

"WILL POLICE ALSO SHARE THE SUSPICIONS?"

EMMERDALE

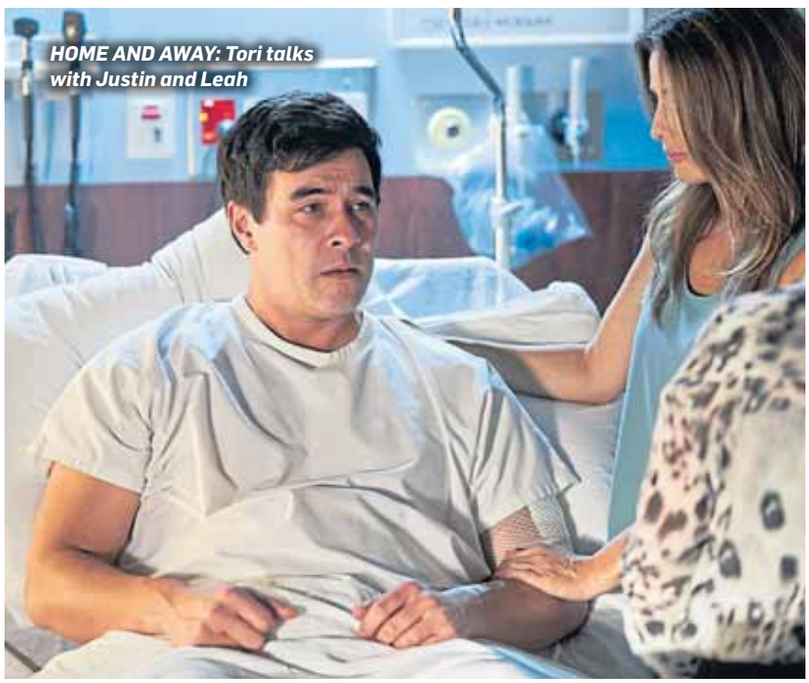
Jamie thinks he has Andrea back on side after he apologises to her and agrees to let her see Millie. He then makes the mistake of bragging about her falling for his lies.

Andrea storms off to tell Moira exactly who ran her over, but Jamie tries to reassure Belle that it doesn't matter as no one can prove anything.

However, he could be feeling a lot less cocky when Cain tracks him down, armed with a baseball bat.

New arrival Meena gives Amy a helping hand at the Hide, but fails to make a good first impression on Dawn when she flirts with Billy. Aaron tries to get close to Ben, only to be left feeling ashamed when the

NEIGHBOURS: Yashvi finds River



HOME AND AWAY: Tori talks with Justin and Leah

EASTENDERS: Martin Fowler confides in Stacey Slater

object of his affection reveals they already know each other – Aaron used to bully him at school for being gay.

Victoria returns from Annie's funeral ready to look to the future, Dan struggles to get his head around Amelia's actions, and Leyla tries to reach out to Gabby.

HOLLYOAKS

A loved-up Juliet invites Peri out to lunch – and to make sure she's looking her best for the occasion, she swipes £50 from the drug money to spend on a new dress.

Sid worries how Victor will react when he discovers his payment is short, but the drug dealer seems rather impressed with Juliet's drive and initiative.

However, he does suggest she has more chance of progressing in his organisation if she moves back in with the Nightingales, as she'll attract less suspicion in the community if she's part of a "nice", middle-class family.

Sienna is worried about Brody as a flashback reveals what happened when he visited Buster in prison, and there's still chemistry between her and Warren.

But when Liberty goes into labour, will Sienna forget about her ex and get the happy, stable family she claims to want?

Misbah returns from her secondment, but it seems it might not just have been the job that was keeping her away for so long, while Mandy fears Darren is becoming more and more obsessed with preserving Kyle's legacy.

NEIGHBOURS

Is singing karaoke really the best way for someone to work through their fraught emotions? Well, Roxy suddenly seems to think it's worth a try for Dipi.

Ned decides to do a nude video for a subscriber after getting stung for another bill. Later, during the launch of The Hive, Ned is preoccupied with the fact his fan knows where he lives.

Levi tries to get in Dax's good books in the hope he will be able to infiltrate the drug ring. Yashvi does more investigating, but things take a dramatic turn after getting River to the hospital, and the patient names Yashvi as his assailant.

CORONATION STREET: Nick Tilsley tries to make a deal

Though Chloe and Pierce's CVS results generate a favourable result, Nicolette is far from thrilled with their good news. However, Chloe is later stunned by Nicolette's declaration of love.

And while Toadie continues to warm to Rose, the mystery woman is more interested in a case of his. Just what is she up to?

HOME AND AWAY

Things are looking bleak for Justin who collapses while working with dangerous acids. After being rushed to hospital, his life hangs in the balance. Later, he is reluctant to receive a biopsy after being given a suspicious MRI result.

Ziggy decides to stand by Dean, and they meet with his son, Jai. In spite of safety fears, Bella and Nikau grow closer, while Ari and Tane are in pursuit of the duo.

Roo tries to move on from Evan, and agrees to take part in a séance to grapple with visions of him.

Owen is told by Ryder who his real father could be, and struggles to deal with this new information.

When Angelo's wife Taylor overshares information about her husband, Colby decides to take advantage of this by getting closer to her.

Bella decides to return to Summer Bay just in time as Colby and Angelo wind each other up even more.

The contestants, from left, Hermine, Sura, Rowan, Marc, Laura, Linda, Mak, Dave, Loriea, Lottie, Mark and Peter

Bake Off rises to the challenge

THE FEEL-GOOD HIT SHOW HAS BEEN MADE DIFFERENTLY THIS YEAR DUE TO COVID-19

BY GEORGIA HUMPHREYS

Tents everywhere. A sense of community. People doing all sorts of different activities, from yoga, to rounders, to cooking.

No, this isn't a festival, but instead the new Great British Bake Off set, located at the Down Hall Country House Hotel, set in a 110-acre estate on the Hertfordshire/Essex border.

The Covid-19 pandemic, and consequent restrictions on filming TV shows and films, has meant the Channel 4 competition is being made differently this year; namely, the series' cast and crew had to live in a "self-contained biosphere" for the six-week-long shoot.

Strict safety measures were taken beforehand, too. During a Zoom call with judges Paul Hollywood and Prue Leith, they explain they had tests for coronavirus twice at their individual homes, and then again as they arrived on site.

Once the tests had come back negative, they were allowed to take face masks off and socialise within a certain distance.

"I ended up thinking, 'This is the safest place in the whole of England'," quips 80-year-old food writer Leith, who was born in South Africa.

"All 130 people – which includes the hotel staff and all of the crew and all the support staff and all the bakers – we all had been tested to death. We had our temperatures taken every morning.

"So, when we were in the tent, we were allowed to behave absolutely freely, and that was great, because that meant that the viewer will see Bake Off like they're used to. It won't be masks and social distancing... It would have been really difficult to do Bake Off without being friendly, wouldn't it?"

The other change this year is there is no Sandi Toksvig – the presenter announced last year that she was quitting the show.

Prue Leith

Instead, we will see comedian Matt Lucas hosting alongside Noel Fielding.

What was he like to work with?

"Do you know what, he's quite a quiet guy actually!" says Wallasey-born Hollywood, 54. "But I've always been a massive fan of Matt."

"I think everybody loved Matt," follows Leith, who was also a judge on the BBC's The Great British Menu.

"He knew nothing whatever about baking, but he became really interested in it, and he was very good with the bakers, because he genuinely wanted to know what they were doing and why were they doing it.

"The very first day, he was very nervous, but as soon as he walked into the tent – like actors walking on to the stage – all those nerves just disappeared."

Hollywood adds that "it was lovely trying to coerce Lucas into doing some of the voices" from his BBC sitcom, Little Britain, such as Marjory Dawes, the terrifying leader of a weight loss support group called Fatfighters.

"He did that voice for my mother. Mum's lost a little bit of weight, so I said, 'Can you wind her up, Matt?' So, he phoned up my mum. I think he started off by going 'I believe you've lost an ounce!'"

When it comes to this year's batch of bakers, "in previous series, you could see they were quite savvy, but these guys weren't", says Hollywood, a former head baker at a number of hotels around Britain and internationally. "Maybe because they were living together for so long.

"Sure, they want to win, they don't want to go home, but I didn't see that real competitiveness against each other. As a group, they were very emotional when someone went."

> **"WE HAD OUR TEMPERATURES TAKEN EVERY MORNING"**

Producers set up practice kitchens for the bakers during filming.

"It was really interesting, because at first glance you think it would be much more difficult for the bakers," suggests Leith. "But when you think that, in a normal situation, they are probably at work, they don't get home until 6/7 in the evening, and then they're practising all evening, and then they're going to work the next day and they've got children underfoot and a hundred responsibilities.

"In the bubble, they had nothing to think about except baking. It was jolly tough for them because, when we had two days off between filming, I would lie on a beanbag in the sun and do nothing, but those bakers, even in a heatwave, were baking all the time."

PUZZLES

FOUR PAGES OF FUN START HERE

MIND THE GAP

Place a well-known three-letter word in the spaces of each row to complete the seven-letter word. Do it correctly and the shaded squares will spell out a word.

T	R	I				L
V	A	N				A
W	A	L				Y
A	T	H				E
C	A				E	L
F				I	L	E
H				F	U	L

SET SQUARE

Place each of the digits 1 to 9 in the grid to make the sums work. We've started you with two numbers.

3	×		−		= 9
+		+		×	
	+		+		= 20
−		−		÷	
	×	1	÷		= 4
=		=		=	
2		8		27	

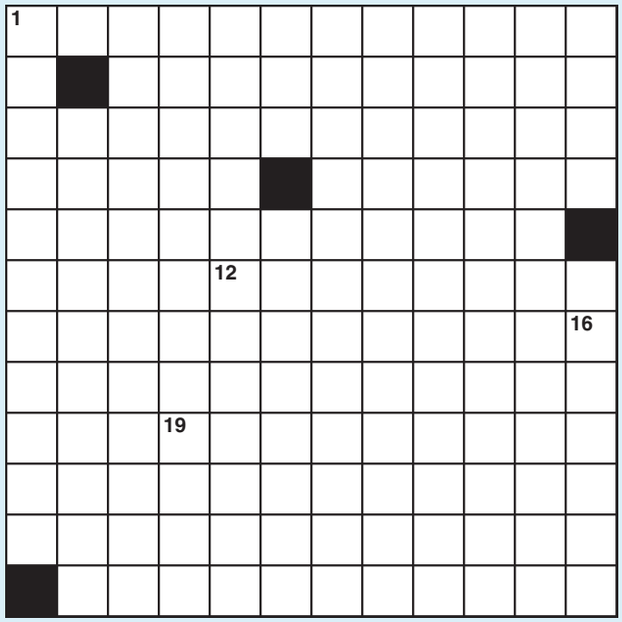
SUGURU

Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3; and so on. The same digit must not appear in neighbouring cells, not even diagonally.

			3	2	
3	4				
	5				5

SKELETON

With this puzzle the black squares have to be filled in as well as the words. For a start, four black squares and four numbers have been inserted.



ACROSS

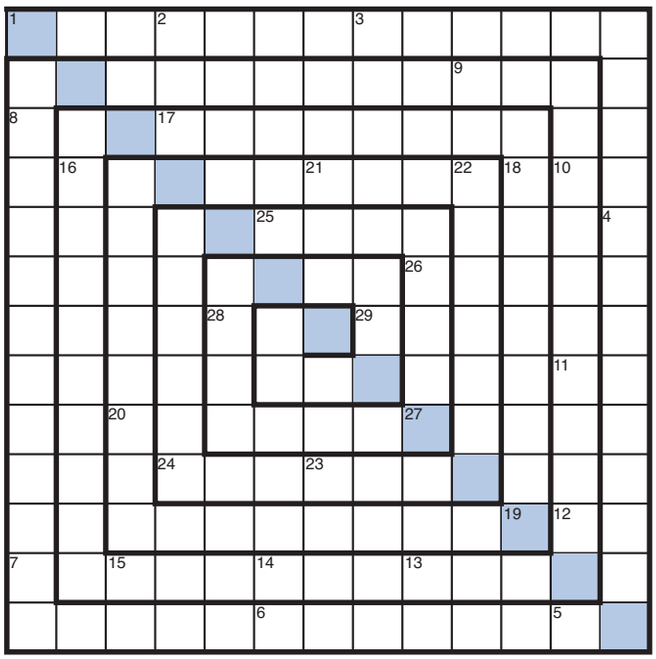
1 Ill repute
7 Send by telegraph
8 Officially accused
9 Existence
10 Frozen spike
12 Litheness
15 Salaried staff
17 Popular myth
18 Feathery, light
20 Bendy
21 Autumn in America
22 Rampant

DOWN

1 Deliberate delusion
2 Bodily vigour
3 In due time
4 Mum's partner
5 Affectedly quaint
6 ___ Smith, apple variety
9 Professional dancer
11 Self-esteem
13 Unwell
14 Quake
15 Fundamental, original
16 Commercial
19 Mash
20 Crusted dish

SPIRAL

In this spiral crossword the last letter of the previous clue forms the first letter of the next clue. The shaded diagonal will spell out a city.



1 Knitting yarn (4)
2 Fragrant mauve shrub (5)
3 Heraldic shield (4,2,4)
4 Fascinated, enchanted (10)
5 Ramble, go off the point (7)
6 Opposite of 'deep' (7)
7 Female restaurant staff (10)
8 Retail managers (11)
9 Thunder and lightning (5)
10 Sorcerer's power (5)
11 Asking price (4)
12 Capital city of Japan (5)
13 Opposite of 'under' (4)
14 Step of a ladder (4)
15 Large keyboard musical instrument (5,5)
16 Hooting birds of the night (4)
17 Rascal, rogue (9)
18 Vessel for rescuing at sea (8)
19 Inflicted emotional shock upon (11)
20 Cause to lose enthusiasm (10)
21 Book by Jane Austen (4)
22 Substance that cleans away bacteria (10)
23 Lower jaw (4)
24 Tells (a story) (8)
25 Neck or head cloth (5)
26 Cultivate crops (4)
27 Large prehistoric elephant (7)
28 Plant-based (medicine) (6)
29 Rocket take-off (6)

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MORE BRAINTEASERS OVER THE PAGE • SEE BACK PAGE FOR ANSWERS

18+

WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal, providing you various content: brand new books, trending movies, fresh magazines, hot games, recent software, latest music releases.

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PUZZLES

SUDOKU

Each row and each column must contain the numbers 1 to 9, and so must each 3x3 box. This is a logic puzzle, and you should not have to guess.

EASY

					5			
	9	4		7			1	3
	3		1	4		8	5	
		6			7		4	
	4	7		9		6		
1			6					2
		3		6				
	6	1	7				2	8
	8				2		3	

MEDIUM

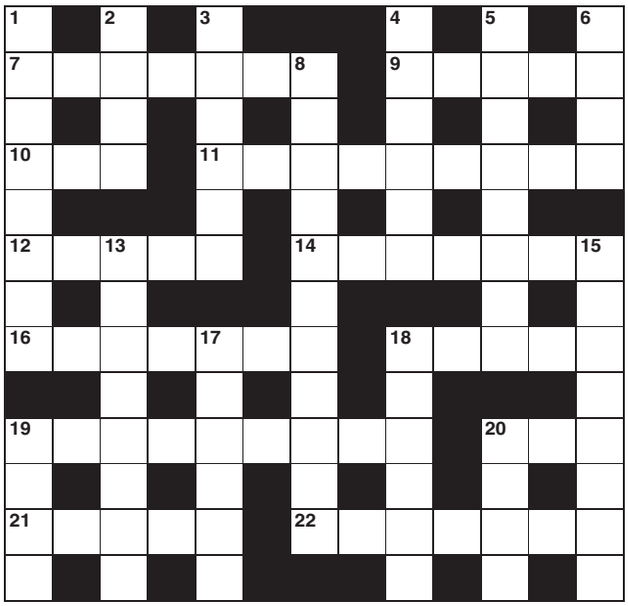
		5	8			2		
						1		
1		3					6	8
		1		8	5			
5	3	6	1		2			
2	7			9				3
9				3	8	7		6
			7	4				
		7	2	1		8		

HARD

8								9
					1	6	5	
				4	9	7		
9		8		3			7	
	7		5		8		1	
	4			7		8		6
		4	2	9				
	5	1	4					
7								5

CROSSWORDS

CRYPTIC



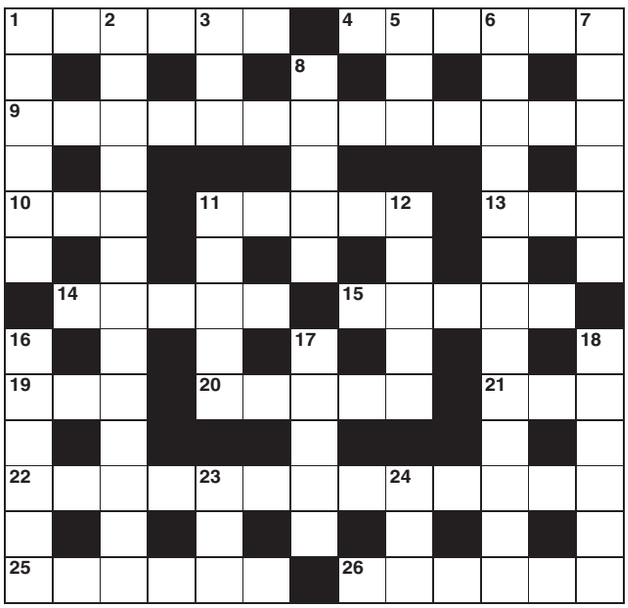
ACROSS

7 Lettuce a shipping hazard? (7)
9 Saying a cricket team's order (5)
10 Pull to your ear a digit (3)
11 Popular thing moving to the second inside (3,6)
12 Seat for Orton play's return (5)
14 Sir gets wild, wild animal (7)
16 Doreen's broken back (7)
18 A pie's cooked till brown (5)
19 Old way or a random new version (5,4)
20 Shelter from sleet (3)
21 Anxious future, perhaps (5)
22 Rescuing about fifty by applying ointment (7)

DOWN

1 Aversion is stated falsely (8)
2 Only a lake (4)
3 All the change is deadly (6)
4 Uttering motto (6)
5 An invigorating drink to lift yours truly? (4-2-2)
6 Drop in from Italy (4)
8 Decline to attend Crufts? (2,2,3,4)
13 Just when needed, no damned change! (2,6)
15 Step into wise, modern era (5,3)
17 Worker captured by Communist talked wildly (6)
18 Burden with bicycle seat (6)
19 Hear proper ceremony (4)
20 Rail circling den (4)

QUICK



ACROSS

1 American underground system (6)
4 Frightened (6)
9 Orthodox (5-8)
10 Devout woman (3)
11 Penetrating investigation (5)
13 Professional's pay (3)
14 Monastic head (5)
15 Watch wide-eyed (5)
19 Swine (3)
20 Soft and strokeable! (5)
21 Flightless bird (3)
22 Break, respite (6,2,5)
25 Remove sediment from (6)
26 Accurately placed (4,2)

DOWN

1 Become smaller (6)
2 With all your belongings (3,3,7)
3 Towards the stern of the ship (3)
5 Food receptacle (3)
6 Back-up (13)
7 Dirk (6)
8 Shout of joy (5)
11 Corroboration (5)
12 Diary insertion (5)
16 Seasoned, piquant (6)
17 Former (5)
18 Switch on a radio (4,2)
23 One-night pop show (3)
24 Wear down, deplete (3)

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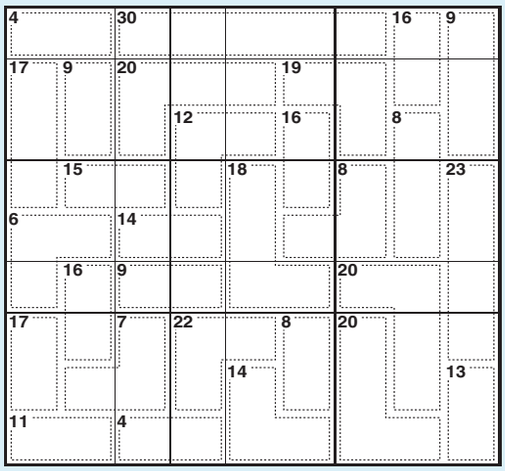
HOW WELL HAVE YOU DONE? • SEE BACK PAGE FOR ANSWERS

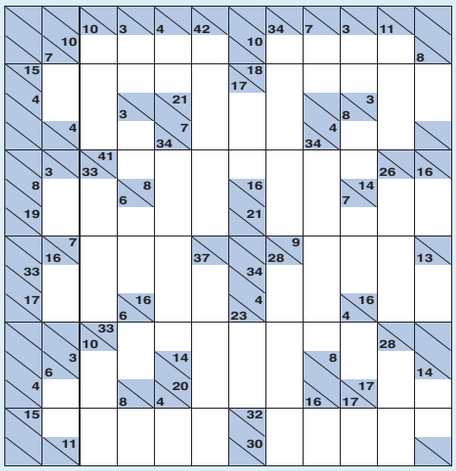
KILLER SUDOKU

Just like conventional Sudoku the aim is to fill each row, each column and each 3x3 box with all the numbers from 1 to 9. Your clues are the numbers in the dotted-line shapes, which represent the sum of the numbers within that shape. The same number cannot be used twice within a dotted-line shape.



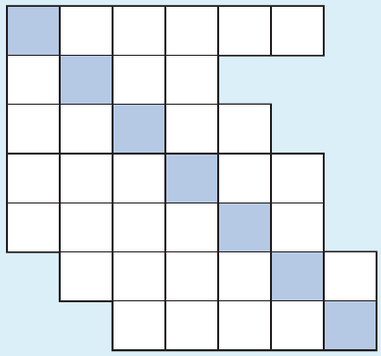
KAKURO

Fill in the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. The same digit may occur more than once in a row or column.



STAIRCASE

Place these words in the horizontal rows so that the letters in the diagonal staircase spell out another shelter.



CASTLE
GARAGE
HOME
HOSTEL
HOTEL
LODGE
WIGWAM

WORDSEARCH

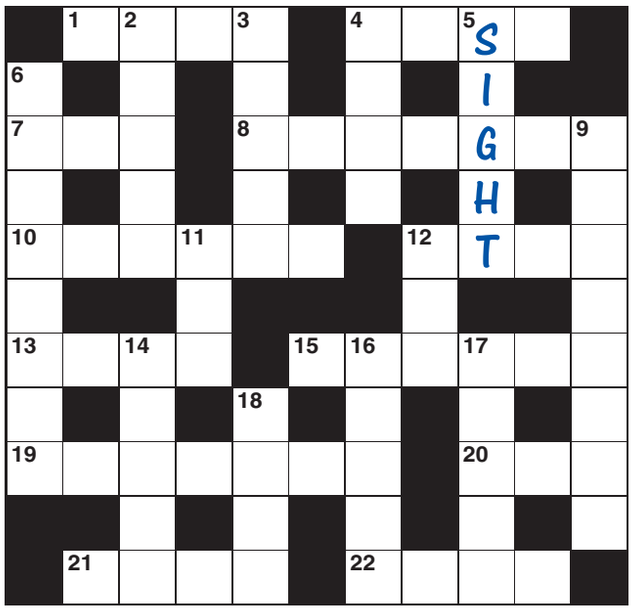
Find all the listed pond-related words in the grid. Words can run horizontally, vertically, forwards, backwards or diagonally.

B	J	D	J	N	E	W	T	D	E	M	R	E
R	T	E	J	H	S	I	F	G	H	I	A	S
O	T	G	U	T	A	E	A	P	B	D	R	O
A	I	N	S	O	F	I	M	A	C	G	T	H
C	M	I	G	R	L	Y	Y	H	C	E	D	R
H	E	N	O	O	N	C	A	I	N	A	W	S
E	S	A	F	A	R	N	S	H	E	R	O	N
S	H	E	O	T	N	F	R	U	P	R	I	E
U	A	L	S	E	S	E	O	I	L	U	P	C
D	D	C	L	I	Y	G	U	B	P	L	M	R
T	E	S	H	A	L	L	O	W	A	P	O	P
I	T	E	L	N	I	T	A	N	B	E	L	M
S	O	R	R	T	L	I	T	A	E	N	Y	E

BUG
CHANNEL
CLEANING
FISH
FOLIAGE
FROG
HERON
HOSE
INLET
JET
LILY
MESH
MIDGE
MOLLUSC
NEWT
NYMPH
ORFE
PLANT
PUMP
REED
RIPPLE
ROACH
SHALLOW
SILT
SWAN

MISSING LINKS

The three words in each of these clues have a fourth word in common, and that's your answer. For instance, the clue to 5 Down, 'Eye • Hind • Line (5)' gives you the answer SIGHT (Eyesight, Hindsight, Sightline).



ACROSS

1 At • Lay • On (4)
4 Card • Lamp • Mark (4)
7 Group • Old • Range (3)
8 Cider • Malt • Onion (7)
10 In • Instinct • Pigeon (6)
12 Beetle • Hunt • Party (4)
13 Bird • Leading • Painted (4)
15 Dancing • Minor • William (6)
19 Cream • Powder • Slice (7)
20 Hair • Stuff • Tie (3)
21 Beard • Lift • Out (4)
22 Cotton • Fishing • Highland (4)

DOWN

2 Boat • Day • Pipe (5)
3 A-side • Dwarfs • Seas (5)
4 Gin • Elephants • Shocking (4)
5 Eye • Hind • Line (5)
6 Cradle • Lapsed • Roman (8)
9 Cash • Office • School (8)
11 Bush • League • Poison (3)
12 Dear • Galahad • Loin (3)
14 Dancing • Music • School (5)
16 New • Tall • Working (5)
17 Back • Tile • Way (5)
18 Cat • Sleep • Through (4)

Puzzler

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HEY KIDS! DON'T MISS A FAB QUIZ JUST FOR YOU • SEE NEXT PAGE

What's Your PUPPY'S POWER?

What super ability does your pet pooch have?

START

His tail's always wagging!

Y

He loves to bring me gifts!

N

His silly antics make me smile.

Y

He's an aww-some guard dog!

N

He always cheers me up when I'm feeling down.

Y

He's very mischievous!

Y

When I need a hug, he appears — like magic!

Y

He's fab at sniffing out stuff I've lost!

N

FAIRY GODMOTHER

He's sweet and loving, and seems to magically make you feel good, just by being himself! He makes all your dreams come true, just like a fairy godmother!

KNIGHT

Like a knight in shining armour, he's super brave and would do anything to protect his fave human! You can always depend on your pup pal to lend a paw and save the day!

CRAZY CLOWN

Your mischievous mutt always knows how to make you laugh out loud, and you can't help smiling when you see his waggy tail. He's the perfect playful clown!

Paul, Matt, Prue and Noel

The four hosts would meet for meals in the hotel each day, but stayed away from the bakers, who had a separate dining room.

"Obviously we don't want to become best friends with them, because then it makes it even harder to send them home," explains Leith. "So we have to keep our distance.

"But when we finally got to the final, Paul invited the finalists to come join us and it was just so nice to be relaxed and having a drink with them, instead of them being all scared of us and anxious."

As well as missing her grandchildren, the other thing that Leith found hard about the six-week bubble for filming Bake Off was that she and Hollywood didn't have their own kitchens (though her co-star did import his pizza oven, one day making dinner for everyone on set, churning out 180 pizzas).

But before heading to Down Hall Hotel, did they use baking as a way of getting through the difficulties of lockdown?

"Well, I personally really enjoyed a lot of lockdown," notes Leith, "because I was walking more than I normally do, I was cooking far more than I normally do.

"I was forced into doing – which I didn't think I'd enjoy at all – little Instagrams and cooking videos, and, in the end, I got a really good routine going. I'd cook something to Instagrammers, and then we'd eat it!"

"Yeah, I baked a lot during lockdown," Hollywood chimes in. "Banana bread was something I was doing a lot of.

"I was supplying some of the village with some of the breads I was making. I had dough bowls everywhere with different things going on."

Leith also shares how during lockdown she would make Friday night supper for 30 staff from the local care home.

"They work 12-hour days, they can't shop, and they have no time for cooking.

"I'm a caterer at heart. I don't really like cooking for two, I like cooking for lots of people.

"You don't often get an occasion, unless you're a caterer, to do a 14lb roast ham with demerara sugar all over it and cloves stuck in it – and, of course, they absolutely loved it. It was a joy to do."

THE GREAT BRITISH BAKE OFF

RETURNS TO CHANNEL 4 ON TUESDAY

SATURDAY SEPTEMBER 19

THE BEST OF TODAY'S TELLY

CRITIC'S CHOICE

Strictly: The Best of Movies
(BBC1, 7.30pm-8.40pm)

Many people feared that Strictly would be cancelled this year. After all, it's hard to socially distance while tangoing, especially if you don't want to be marked down by Craig Revel Horwood for gapping, but the good news is that the BBC are going ahead – they've even announced the line-up. And while we wait for the class of 2020 to take to the floor in October, the BBC is tiding us over with four special episodes, each looking back at some incredible routines. Hosted by Tess Daly and Claudia Winkleman, we're beginning with a look back at Movie Week.

Britain's Got Talent
(STV, 8pm-10pm)

Ant and Dec host the third semi-final of this year's talent contest, making a return to screens following the auditions episodes broadcast in the spring. Amanda Holden, Alesha Dixon, David Walliams and Ashley Banjo are on the judging desk, as the acts that impressed them the most return.

The Queen vs No 10: Behind Closed Doors
(Channel 5, 9pm-10.30pm)

Throughout her reign, the Queen has attended weekly meetings with her Prime Ministers. This documentary looks at the relationship between the monarch and her PMs, finding out what really happens at the meetings and who wields the biggest influence.

Pole to Pole
(BBC4, 8pm-9pm)

Michael Palin leaves eastern Sudan behind and embarks on a trek through Ethiopia, a country where political upheavals are evident and the threat of bandits is all too real. The tension eases once he reaches the Kenyan border, however, as the traveller turns his attention to procuring a new suit of safari gear.

24 Hours in A&E
(More4, 10pm-11.05pm)

Staff at St George's Hospital tackle one of their most dramatic emergencies when 60-year-old rail worker Alan is airlifted to the helipad after being hit by a high-speed train. Meanwhile, 95-year-old Betty is brought in after experiencing breathing difficulties at home, and retired engineer James, 63, has a nasty cut to his head.

EARLY

BBC1

6.00 **Breakfast**
10.00 **Saturday Kitchen Live**
11.30 **Nadiya Bakes** (r)
12.00 **Football Focus**
1.00 **BBC News; Weather**
1.15 **Bargain Hunt** (r)
2.00 **Live Challenge Cup Rugby League** Warrington Wolves v St Helens (Kick-off 2.30pm). Mark Chapman presents all the action from the quarter-final at AJ Bell Stadium.
4.30 **Sportscene Results** News from today's matches.
5.15 **BBC News**
5.25 **Reporting Scotland; Weather**
5.30 **FILM: Beauty and the Beast** (2017) Musical fairy tale, starring Emma Watson and Dan Stevens.

BBC2

7.15 **Wild & Weird** (r)
7.30 **All Over the Place: UK** (r)
8.00 **Blue Peter** (r)
8.30 **Deadly Dinosaurs with Steve Backshall** (r)
9.00 **Wonders of the Universe** (r)
10.00 **Sudan: The Last of the Rhinos: Natural World** (r)
11.00 **This Farming Life** (r)
12.00 **The Hairy Bikers' Asian Adventure** (r)
1.00 **Hairy Bikers: Pies & Pasties** (r)
1.15 **My Life on a Plate** (r)
2.00 **Holiday of My Lifetime with Len Goodman** (r)
2.45 **Wanted Down Under** (r)
3.30 **Saving Lives at Sea** (r)
4.30 **Live Challenge Cup Rugby League**

STV

6.00 **CITV**
7.30 **Scrambled!**
9.25 **ITV News**
9.30 **James Martin's Saturday Morning**
11.40 **Ainsley's Food We Love**
12.40 **James Martin's French Adventure** (r)
1.10 **ITV News; Weather**
1.25 **Racing on STV Live: Ayr and Newbury**
4.00 **Harbour Cops** (r)
4.30 **Tipping Point** Game show, hosted by Ben Shephard. (r)
5.30 **ITV News; Weather**
5.50 **STV News; Weather**
6.00 **Catchphrase Celebrity Special** Stephen Mulhern hosts a celebrity edition of the game show.

PRIME TIME

7.30 **Strictly: The Best of Movies** A selection of the nation's favourite moments from themed weeks on Strictly, beginning with Movies. Hosted by Tess Daly and Claudia Winkleman, each special will see the judges – Craig Revel Horwood, Motsi Mabuse, Shirley Ballas and Bruno Tonioli – as well all the Strictly professional dancers and special guests, reminisce about the iconic dances.
8.40 **Pointless Celebrities** Alexander Armstrong and Richard Osman present a star-studded version of the general knowledge quiz, with contestants including Patsy Kensit, Jake Canuso and Jenny Hanley.
9.30 **Would I Lie to You?** (r) Team captains David Mitchell and Lee Mack are joined by Nadiya Hussain, Diane Morgan, Bob Mortimer and Michael Smiley, aiming to deceive their opponents with plausible lies.
10.00 **BBC News; Weather**
10.20 **Match of the Day** Gary Lineker presents highlights of the latest Premier League matches.
11.05 **Sportscene Saturday** (r) Highlights of recent events.

7.00 **Britain's Biggest Dig** (r) Professor Alice Roberts and Dr Yasmin Khan investigate the excavation of a disused Georgian cemetery near Euston Station to make way for the HS2 rail link.
8.00 **Madagascar: Earth's Tropical Islands** (r) Documentary exploring three of the most exotic and remote islands on the planet, beginning with the unique and extraordinary wildlife of Madagascar.
9.00 **QI** (r) Joe Lycett, Phil Wang and Ellie Taylor join regular panellist Alan Davies, as questionmaster Sandi Toksvig looks at the pastimes of past times.
9.30 **FILM: I, Tonya** (2017) Premiere. Ice skater Tonya Harding rises through the ranks at the US Figure Skating Championships, but at a cost. Biopic, starring Margot Robbie and Allison Janney, who won a Bafta and an Oscar for her performance.
11.25 **FILM: Jimi: All Is By My Side** (2013) Biopic of Jimi Hendrix, following the year he spent living in London that shaped him into a musical legend. Starring Andre Benjamin, Hayley Atwell and Imogen Poots.

7.00 **The Chase Celebrity Special** Jeff Banks, Michelle Ackerley, Andy Crane and Brian Conley answer general knowledge questions and work as a team to secure a charity prize. Presented by Bradley Walsh.
8.00 **Britain's Got Talent** Ant and Dec host the third semi-final of this year's talent contest, welcoming back the acts that impressed the judges during the auditions episodes in the spring.
10.00 **Jonathan Ross' Comedy Club** Jonathan and co-host Mawaan Rizwan introduce sets from Nigel Ng, Bec Hill and Jordan Brookes, while Kerry Godliman will be trying out some new material.
10.30 **ITV News; Weather**
10.45 **The Singapore Grip** (r) Adaptation of JG Farrell's novel about a family of British rubber merchants living in 1941 Singapore at the time of the Japanese invasion. David Morrissey stars.
11.45 **Tour de France Highlights** Action from the 20th and penultimate stage of the most prestigious race on the calendar, featuring a 36.2km individual time-trial between Lure and La Planche des Belles Filles.

LATE

12.05 The NFL Show **12.55** **FILM:** Papadopoulos & Sons (2012) **2.40** Weather for the Week Ahead **2.45** BBC News

1.15 This Is BBC Two

12.40 ITV Nightscreen **3.00** Britain's Brightest Family (r) **3.25** ITV Nightscreen

Pointless Celebrities, 8.40pm.

Live Challenge Cup Rugby League, 4.30pm.

The Chase Celebrity Special, 7pm.

RADIO LISTINGS

BBC RADIO 1
5.00 The Happy Hour from Radio 1. **6.00** Radio 1 Anthems with Arielle Free. **7.00** Weekend Breakfast with Matt and Mollie. **10.00** Radio 1 Anthems with Matt and Mollie. **10.32** Radio 1 Anthems with Jordan North. **11.00** Jordan North. **1.00** Dev. **4.00** Radio 1's Dance Anthems with MistaJam. **7.00** 1Xtra's Takeover with DJ Target. **9.00** 1Xtra's Rap Show with Tiffany Calver. **11.00** Diplo and Friends. **12.00** Diplo and Friends. **1.00** Radio 1's Classic Essential Mix. **3.00** Danny Howard. **4.00** Radio 1's Wind Down.

BBC RADIO 2
6.00 Sounds of the 60s with Tony Blackburn. **8.00** Angela Scanlon. **10.00** Alan and Mel. **1.00** Pick of the Pops. **2.00** Pick of the Pops. **3.00** Rylan on Saturday. **6.00** Liza Tarbuck. **8.00** The Rock Show with Johnnie Walker. **9.00** Around the Piano with Tom Odell. . **10.00** The Craig Charles House Party. **11.30** The Craig Charles House Party Mixtape. **12.00** Ana Matronic's Dance Devotion. **2.00** CMA Country Music Festival Playlist. **3.00** Around the Piano with Tom Odell. **4.00** Angela Scanlon.

BBC RADIO 3
7.00 Breakfast. **9.00** Record Review. **11.45** Music Matters. **12.30** This Classical Life. **1.00** Inside Music. **3.00** Sound of Cinema. **4.00** Music Planet. **5.00** J to Z. **6.30** Opera on 3. **10.00** New Music Show. **12.00** Freeness. **1.00** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Four Thought. **6.00** News and Papers. **6.07** Ramblings. **6.30** Farming Today This Week. **6.57** Weather. **7.00** Today. **8.45** (LW) Yesterday in Parliament. **9.00** Saturday Live. **10.30** You're Dead to Me. **11.00** The Week in Westminster. **11.30** From Our Own Correspondent. **12.00** News. **12.04** Money Box. **12.30** The News Quiz. **12.57** Weather. **1.00** News. **1.12** Any Questions? **2.00** Any Answers? **2.45** One to One. **3.00** Drama: Blood, Sex and Money by Emile Zola, Season 2 – Sex. **4.00** Weekend Woman's Hour. **5.00** Saturday PM. **5.30** Political Thinking with Nick Robinson. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Loose Ends. **7.00** Profile. **7.15** TBA. **7.45** The Californian Century. **8.00** Archive on 4: A Broadcasting Life. **9.00** Drama: Tracks: Chimera. **9.45** Angielski. **10.00** News and Weather. **10.15** The Spark. **11.00** Brain of Britain. **11.30** A Manual for Dreaming Womxn. **12.00** News **12.15** During Wind & Rain: A British History in Weather. **12.30** The Poison Frog. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 5 Live Boxing. **6.00** Saturday Breakfast. **9.00** Scott Mills. **11.00** Fighting Talk. **12.00** TBA. **5.00** Sports Report. **6.00** 6-0-6. **8.00** Kermode and Mayo's Film Review. **9.00** Stephen Nolan. **12.00** As Heard on BBC Sounds. **1.00** Jim Davis.

CLASSIC FM
7.00 Alan Titchmarsh. Music for Saturday morning.

Satellite & Digital

OUR TOP PICK OF THE CHANNELS

CHANNEL 4

6.00 Everybody Loves Raymond (r)
6.50 The Big Bang Theory (r)
8.20 The Simpsons (r)
11.15 Animal Airport
11.45 Four in a Bed (r)
12.20 Four in a Bed (r)
12.50 Four in a Bed (r)
1.25 Four in a Bed (r)
1.55 Four in a Bed (r)
2.25 The Supervet (r)
3.30 A Place in the Sun (r)
4.15 The Great Celebrity Bake Off for Stand Up to Cancer (r) With Carol Vorderman, Kelly Brook, Rob Rinder and Mo Gilligan. Last in the series.
5.35 Kirstie and Phil's Love It or List It Kirstie Allsopp and Phil Spencer meet the Farhalls in Windsor. (r)
6.30 Channel 4 News

7.00 Egypt's Lost Pyramid (r) Documentary following archaeologists working on a 4,000-year-old pyramid with burial chamber, still sealed, even though its contents are found to have been disturbed.
8.00 Lost Pharaohs of the Nile (r) The work of archaeologists to excavate sites along the Sudanese Nile Valley, from pyramids to temples, which once formed part of Ancient Egypt, ruled by the Black Pharaohs.
9.00 FILM: Pacific Rim: Uprising (2018) Premiere. A decade after Stacker Pentecost and his team fought against alien creatures, his son, Jake, leads a new generation of giant robot pilots against a wave of enormous Kaiju creatures. Director Steven S DeKnight's literally blockbusting sci-fi sequel, starring John Boyega, Scott Eastwood and Cailee Spaeny.
11.10 FILM: Behind Enemy Lines (2001) A reconnaissance pilot is shot down and becomes stranded in enemy territory after filming evidence of a genocidal massacre by Serb militia in Bosnia. Bosnian War drama, starring Gene Hackman.

1.05 Ramsay's Kitchen Nightmares USA (r) **1.55** Hollyoaks (r) **3.40** Work on the Wild Side (r) **4.30** Fifteen to One (r) **5.25** Food Unwrapped (r) **5.50** Jamie's Comfort Food (r)

Kirstie and Phil's Love It or List It, 5.35pm.

10.00 Bill Turnbull. **1.00** Alexander Armstrong. **3.00** Moira Stuart's Hall of Fame Concert. **5.00** Saturday Night at the Movies. **7.00** Cowan's Classics. **9.00** Beethoven: The Man Revealed with John Suchet. **10.00** Smooth Classics. **1.00** Katie Breathwick. **4.00** Jane Jones.

BBC RADIO SCOTLAND
6.00 Our Lives with Michelle McManus. **6.30** Out of Doors. **8.00** Good Morning Scotland. **10.00** Shereen. **11.30** The Good, the Bad and the Unexpected. **12.00** (FM) Off the Ball. **12.00** (MW) Sportsound. **2.15** Sportsound. **6.00** Memory Radio. **7.00** Take the Floor. **9.00** Pipeline. **10.00** Billy Sloan. **1.00** As BBC Local Radio and BBC Radio 5 Live.

CHANNEL 5

6.00 Milkshake!
10.00 SpongeBob SquarePants (r)
10.15 Ryan's Mystery Playdate (r)
10.25 Access
10.30 Friends (r)
12.00 Friends (r)
12.35 Friends (r)
1.05 Police Interceptors (r)
2.00 FILM: Robin Hood: Prince of Thieves (1991) Action adventure, starring Kevin Costner.
3.00 Access
3.05 FILM: Robin Hood: Prince of Thieves (1991) Concluded.
5.10 The Yorkshire Vet (r) A ewe undergoes a difficult birth in the middle of a field in the rain.
6.05 5 News Weekend
6.10 Our Yorkshire Farm (r)

7.05 Our Yorkshire Farm (r) The Owens gather hay at the end of summer, but a storm puts a stop to the harvest and they fear they will not have enough animal feed to get through the winter.
8.00 Jane McDonald's Weekends Away New series. The singer embarks on short weekend breaks in Europe, the UK and the USA, and shares her pick of the best destinations for a short break.
9.00 The Queen vs No 10: Behind Closed Doors A look at the varied relationships the Queen has had with the 14 prime ministers she has had dealings with during her reign of more than 68 years.
10.30 Whitney Houston: My Highs and Lows (r) The heartache behind the triumphant moments enjoyed by Whitney Houston and the fateful events leading up to the singer's untimely death in February 2012.
11.55 Princess Diana: The Price of Fame Documentary looking at the high cost of Diana, Princess of Wales' high-profile life, and the price its prominence ultimately brought.

12.45 Access **1.00** The 21.co.uk Live Casino Show **3.00** Access **3.10** NCIS (r) **3.55** NCIS (r) **4.40** Wildlife SOS (r) **5.10** Nick's Quest (r) **5.35** House Doctor (r)

Our Yorkshire Farm, 7.05pm.

Beverly Hills Cop II, Sky One, *9pm.*

BBC4

7.00 Cat Tales: In from the Wild. **8.00** Pole to Pole. **9.00** Mystery Road. **10.55** The Beach: Isolation in Paradise. **11.55** Clive James: Postcard from London. **12.45** Top of the Pops 1978: Big Hits. **1.45** Pole to Pole. **2.35** Cat Tales: In from the Wild.

ITV2

7.00 Totally Bonkers Guinness World Records. **7.25** The Ellen DeGeneres Show. **9.40** Dress to Impress. **11.40** Take Me Out. **12.45 FILM:** Richie Rich (1994). Family comedy, starring Macaulay Culkin. **1.55** FYI Daily. **2.00 FILM:** Richie Rich (1994). **2.40 FILM:** Charlie and the Chocolate Factory (2005). Children's fantasy, starring Johnny Depp. **3.45** FYI Daily. **3.50 FILM:** Charlie and the Chocolate Factory (2005). **5.00 FILM:** Shrek 2 (2004). Animated adventure sequel, with the voice of Mike Myers. **6.00** FYI Daily. **6.05 FILM:** Shrek 2 (2004). **6.45 FILM:** Back to the Future Part II (1989). Sci-fi comedy sequel, starring Michael J Fox. **7.45** FYI Daily. **7.50 FILM:** Back to the Future Part II (1989). **9.00** Love Island USA. **10.00** Family Guy. **11.30** American Dad! **12.25** The Cleveland Show. **1.25** Don't Hate the Playaz. **2.25** Release the Hounds: Famous & Freaked. **3.20** ITV2 Nightscreen. **3.30** Teleshopping.

ITV3

6.00 Bless This House. **6.25** Agatha Christie's Poirot. **8.20** Coronation Street. **11.15** Lewis. **1.05** Midsomer Murders. **9.00** Grantchester. **11.00** DCI Banks. **2.05** Agatha Christie's Poirot. **3.00** Bless This House. **3.25** ITV3 Nightscreen. **3.30** Teleshopping.

ITV4

6.00 British Touring Cars. **6.10** The Protectors. **6.35** The Professionals. **7.25** The Sweeney. **8.20** Minder. **9.30** ITV Racing: The Opening Show. **10.30** The Big Match Revisited. **11.30** River Monsters. **12.00** Fishing Allstars. **1.00** Tour de France Highlights. **2.00** Tour de France Live 2020. Coverage of the 20th and penultimate stage. **5.30** Monster Carp. **6.30** River Monsters. **7.00** Tour de France Highlights. **8.00** World Series of Darts Finals. Coverage of day two of the tournament, staged at the Salzburgarena in Austria, where eight second-round matches take place, with eight seeded players facing the first-round winners. **12.00 FILM:** Oblivion (2013). **1.00** FYI Daily. **1.05 FILM:** Oblivion (2013). **2.35** ITV4 Nightscreen. **3.00** Teleshopping.

SKY ONE

6.00 Animal House. **8.00** Modern Family. **10.30** Soccer AM. **12.00** NCIS: Los Angeles. **3.00** Gillette Soccer Saturday. Up-to-the-minute scores. **5.00** The Simpsons. **8.00** A League of Their Own. **9.00 FILM:** Beverly Hills Cop II (1987). Wisecracking Detroit detective Axel Foley returns to Los Angeles to investigate the shooting of an old friend. Comedy thriller sequel, starring Eddie Murphy and Judge Reinhold. **11.00** The Russell Howard Hour. **12.00** Two Weeks to Live. **12.30** Prodigal Son. **1.25** Rob & Romesh vs Fashion. **2.25** Avenue 5. **4.10** Air Ambulance ER.

SKY MAIN EVENT

6.00 Live Mitre 10 Cup Rugby Union. **7.20** My Icon: Casey Stoney. **7.30** Sky Sports News. **9.30** Saturday Social. **10.30** Soccer AM. **12.00** Live EFL. Nottingham Forest v Cardiff City (Kick-off 12.30pm). **3.00** Live Indian Premier League. Mumbai Indians v Chennai Super Kings. **5.00** Live Premier League. Manchester United v Crystal Palace (Kick-off 5.30pm). **7.45** Live Premier League. Arsenal v West Ham United (Kick-off 8pm). Coverage of the top-flight match, which takes place at Emirates Stadium. **10.30** Live US Open Golf. The third day's play from Winged Foot Golf Club in Mamaroneck, New York, where America's Gary Woodland started as the reigning champion. **12.30** Sky Sports News. **1.30** Live NBA: Play Offs 35: Tbc @ Tbc 19.09 0130. **4.00** Sky Sports News.

SKY CRICKET

6.00 Cricket's Greatest Games. **7.00** Best of The Women's World T20. **7.50** KSL Final 2018 – Lizelle Lee's 100. **8.00** Talking Cricket: Sachin Tendulkar. **8.30** Cricket in Mumbai. **9.30** Best of The 2015 IPL. **11.30** Best of The 2016 IPL. **12.30** Best of The 2017 IPL. **1.30** Best of The 2018 IPL. **2.30** Live Indian Premier League. Mumbai Indians v Chennai Super Kings. **7.00** Best of The Women's World T20. **7.50** KSL Final 2018 – Lizelle Lee's 100. **8.00** Indian Premier League. **12.30** Nasser Meets Sachin. **1.30** Talking Cricket: Chennai 2008. **2.00** Cricket's Greatest Games. **3.00** Best of The Women's World T20. **3.50** KSL Final 2018 – Lizelle Lee's 100. **4.00** Cricket's Greatest Games. **5.00** Best of The Women's World T20. **5.50** KSL Final 2018 – Lizelle Lee's 100.

BT SPORT 1

6.00 Premier League Match Pack. **6.30** Premier League World. **7.00** Scottish Football Extra. **7.30** ESPN FC. **8.00** WWE NXT UK. **9.00** WWE Friday Night SmackDown. **10.30** Premier League Preview. **11.00** Scottish Football Extra. **11.30** Live Premier League. **3.00** Live Premier League. Leeds United v Fulham (Kick-off 3pm). **5.15** Live Bundesliga. Borussia Dortmund v Borussia Moenchengladbach (Kick-off 5.30pm). **7.30** BT Sport Reload. **7.45** Live Ligue 1. Rennes v Monaco (Kick-off 8pm). Coverage of the French top-flight clash from Roazhon Park. **10.00** Bundesliga. **11.00** Live UFC. Action from the UFC. **1.00** Live UFC. **4.30** BT Sport Reload. **5.00** Ligue 1.

BT SPORT 2

6.00 Bayern Munich v Schalke. **7.30** MotoE Highlights: San Marino. **7.45** MotoGP: ICYMI. **8.00** Live MotoGP. **11.00** Live MotoGP. All the action from qualifying ahead of the Grand Prix of Emilia-Romagna. **3.00** Live: BT Sport Score. BT Score gives you all the scores, news and key talking points from across the country as they happen. Join in @ btsportscore. **5.15** BT Sport Reload. **5.45** Live FIM Speedway Grand Prix. Action from the sixth FIM Speedway Grand Prix race of the 2020 season in Prague, Czech Republic. **9.15** WWE Friday Night SmackDown. **10.45** World Rally Championship. **11.15** Heineken Champions Cup. **12.45** BT Sport Reload. **1.00** Tim Richmond: To the Limit. **2.00** Live: V8 Supercars Championship.

EUROSPORT 1

6.00 World Superbikes. **7.00** Bennetts British Superbikes. **8.00** Le Mans 24 Hours. **9.30** Live Le Mans 24 Hours. **10.00** Le Mans 24 Hours. **12.30** Live Le Mans 24 Hours. A preview of the race. **1.15** Live Le Mans 24 Hours. The Le Mans 24 Hour race. **2.00** Live Le Mans 24 Hours.

MORE4

8.55 Food Unwrapped. **9.30** A Place in the Sun: Home or Away. **12.30** Location, Location, Location. **1.35** Come Dine with Me. **4.15** The 100 Greatest Musicals. **7.00** Emergency Helicopter Medics. **8.00** Emergency Rescue: Air, Land & Sea. **9.00** 24 Hours in A&E. **11.05** Father Ted. **12.15** 8 Out of 10 Cats Does Countdown. **1.15** 24 Hours in A&E. **3.25** Father Ted. **4.00** Teleshopping.

BBC ALBA

7.00 Alba Today. **4.00** Ceitidh Morag. **4.18** Su Shiusaidh. **4.20** Tree Fu Tom. **4.45** Padraig Post: Seirbheis Deis agus Sonraichte. **5.00** Dràgonan – Rèis chun an iomaill. **5.20** Geamaichean Gorach. **5.25** Clann Na Cruinne. **5.45** An Là. **6.00 FILM:** Mallachd an Fhir-rabaide (2005). **7.15** Bonn Còmhraidh. **7.45** Sgeul Slainte. **8.00** Machair. **8.25** Fraochy Bay. **8.30** Two Go to Tolsta – Sgeulachd Syd Agus Millie. **9.00** Seirm. **10.00** Al Capone. **10.55** Dhan Uisge. **11.00** Tatu Rioghail Dhun Eideann. **12.45** Belladrum 2016: Cridhe Tartan – Rachel Sermanni. **1.00** Alba Today.

BBC SCOTLAND

12.00 - 7pm as BBC2 except: **12.00** This Is BBC Scotland. **7.00** The Seven. **7.15** Rewind 1990s. **7.30** Sportscene Saturday. **8.30** Fish Town. **9.00** Time Trial. **10.20** Burnistoun. **10.50** Travis with the BBCSSO at the Barrowland. **11.50** Tune.

GOLD

6.00 Teleshopping. **7.05** Chef! **7.40** The Story of Only Fools and Horses. **8.35** Hi-de-Hi! **9.15** 2point4 Children. **9.55** Porridge. **11.10** Only Fools and Horses. **9.00** The Vicar of Dibley. **10.20** Michael McIntyre's Comedy Roadshow. **11.20** The Office. **12.40** Smack the Pony. **1.50** Michael McIntyre's Comedy Roadshow. **2.40** The Vicar of Dibley. **3.10** Peep Show. **4.00** Teleshopping.

PICK

6.00 Nothing to Declare. **11.00** UK Border Force. **12.00** Bondi Rescue. **1.00** Brit Cops: Frontline Crime UK. **2.00** Road Wars. **3.00** The Chase Celebrity Special. **5.00** The Dog Whisperer. **7.00** Caught Red Handed. **9.00** The Force: Essex. **10.00** Brit Cops: Frontline Crime UK. **11.00** Britcam: Emergency on Our Streets. **12.00** The Force: Essex. **3.00** Brit Cops: Frontline Crime UK. **4.00** The Dog Whisperer.

FILM4

11.00 Puss in Boots (2011). **12.45** Hotel for Dogs (2009). Family comedy, starring Emma Roberts and Jake T Austin. **2.50** Carry On Nurse (1959). Comedy, starring Hattie Jacques. **4.35** Back to the Future (1985). Sci-fi comedy adventure, starring Michael J Fox. **6.50** Goodbye Christopher Robin (2017). Biopic of AA Milne, starring Domhnall Gleeson and Margot Robbie. **9.00** Miss Peregrine's Home for Peculiar Children (2016). A boy investigates a mystery left by his grandfather, and comes across a home for children with special powers. Fantasy adventure, starring Eva Green and Asa Butterfield. **11.30** Stonehearst Asylum (2014). A lunatic asylum descends into mayhem as the patients take control and try to establish their own society. Gothic horror, starring Kate Beckinsale and Jim Sturgess. **1.45** £Horror (2015).

DAVE

6.00 Teleshopping. **7.00** Steve Austin's Broken Skull Challenge. **7.55** Top Gear. **8.55** Rick Stein's Long Weekends. **9.55** American Pickers. **11.50 FILM:** The Next Karate Kid (1994). **2.00** Taskmaster. **7.00** Would I Lie to You? The Unseen Bits. **7.40** Not Going Out. **9.00** Not Going Out Christmas Special. **10.00 FILM:** Rambo (2008). The one-man army travels to Burma to rescue a party of missionaries from a sadistic military officer. Action sequel, directed by and starring Sylvester Stallone. With Julie Benz. **11.55** Have I Got a Bit More Old News for You. Extended edition. Jo Brand hosts, with Diane Morgan and Nick Hewer. **12.50** QI. **1.30** QI XL. **2.25** Not Going Out. **2.55** Dara O Briain's Go 8 Bit. **4.00** Teleshopping.

SUNDAY SEPTEMBER 20

THE BEST OF TODAY'S TELLY

CRITIC'S CHOICE

Us
(BBC1, 9pm-10pm)

Tom Hollander stars as Douglas Petersen, who has been planning a Grand Tour of Europe for his wife Connie (Saskia Reeves) and their only child Albie (Tom Taylor). It's supposed to be the holiday of a lifetime and the perfect way to mark their last summer together before Albie heads off to university. But just before they leave, Connie drops the bombshell that she's not sure she wants to stay married, and suddenly Douglas realises that this trip to some of the most romantic cities in the world, starting with Paris, could also be his last chance to make his wife fall back in love with him.

The Singapore Grip
(STV, 9pm-10pm)

In the second episode of the drama set in Singapore at the time of the Japanese invasion, Matthew Webb is given a tour of his father's dilapidated residence, but it's the rubber plantation that really troubles him. Joan sweeps him off to an amusement park, where Vera becomes intrigued by the newcomer.

Family Fortunes
(STV, 8pm-9pm)

We asked 100 people to name a gameshow they'd like to see back on British TV, and our survey said – Family Fortunes. It first appeared on our screens in 1980, hosted by Bob Monkhouse. He was succeeded by Max Bygraves, and then Les Dennis. Now though, a revamped version is back, hosted by Gino D'Acampo.

Gypsy Eviction: The Battle for Dale Farm
(Channel 5, 9pm-10.15pm)

In 2011, the biggest Gypsy eviction in modern British history took place in Essex. This documentary sets out to tell the story behind it, hearing from people on both sides. It finds that although travellers owned the land of Dale Farm, they did not have planning permission to develop it.

Grand Designs
(More4, 8pm-9pm)

Kevin McCloud meets Tim and Philomena O'Donovan, who are trying to convert the old lifeboat station in Tenby, Pembrokeshire, into a contemporary home. A weather-worn, rusting and rotting hulk, it is perched on a steel pier 40ft above the sea and can only be reached by crossing the beach at low tide.

EARLY

BBC1

6.00 **Breakfast**
8.15 **Match of the Day** (r)
9.00 **The Andrew Marr Show**
10.00 **Politics Scotland**
10.30 **Sunday Morning Live**
11.30 **Wanted Down Under** (r)
12.15 **Bargain Hunt** (r)
1.00 **BBC News; Weather**
1.15 **Songs of Praise**
1.50 **Points of View** Viewers' comments.
2.05 **Homes Under the Hammer** (r)
3.05 **Escape to the Country**
4.05 **Money for Nothing** (r)
4.50 **Garden Rescue** (r)
5.20 **Countryfile** This year's Countryfile One Man and His Dog competition.
6.20 **BBC News**
6.35 **Reporting Scotland; Weather**

BBC2

6.20 **A to Z of TV Gardening** (r)
7.05 **Countryfile** (r)
8.00 **Gardeners' World** (r)
9.00 **Landward** (r)
9.30 **Beechgrove**
10.00 **Saturday Kitchen Best Bites**
11.30 **Mary Berry's Simple Comforts** (r)
12.00 **The Hairy Bikers' Asian Adventure** (r)
1.00 **Best Bakes Ever** (r)
1.45 **Royal Recipes** (r)
2.00 **Stories of Us**
3.00 **FILM: Doctor Zhivago** (1965) Epic drama, starring Omar Sharif.
6.05 **Flog It!** (r)
6.30 **Richard Osman's House of Games** With Jay Blades, Shaun Keaveny, Rachel Parris and Jan Ravens. (r)

STV

6.00 **CITV**
7.30 **The Chase Celebrity Special** (r)
8.30 **Martin & Roman's Sunday Best!**
9.25 **ITV News**
9.30 **Love Your Weekend with Alan Titchmarsh**
11.20 **All Around Britain**
12.20 **ITV News; Weather**
12.35 **Britain's Got Talent** (r)
2.30 **Catchphrase Celebrity Special** (r) With Jeff Stelling, Charlotte Hawkins and Andy Whyment.
3.30 **The Chase** Game show, presented by Bradley Walsh. (r)
4.30 **Supermarket Sweep** (r)
5.30 **James Nesbitt: A Game of Two Halves** (r)
6.30 **ITV News; Weather**
6.50 **STV News; Weather**

PRIME TIME

6.45 **Match of the Day Live** Leicester City v Burnley (Kick-off 7pm). All the action from the Premier League encounter at King Power Stadium.
9.00 **Us** New series. Douglas and Connie Petersen look forward to a holiday of a lifetime, touring Europe with their teenage son Albie before he leaves home for university. Drama based on the novel by David Nicholls. Starring Tom Hollander, Saskia Reeves and Tom Taylor.
10.00 **BBC News**
10.20 **Reporting Scotland; Weather**
10.30 **Match of the Day 2** Mark Chapman reviews the day's Premier League action, including Chelsea v Liverpool and Southampton v Tottenham Hotspur. The Blues were looking to make a statement against champions Liverpool after spending heavily in the summer, while the Saints were hoping to emulate their shock 1-0 win at home to Spurs last term. Plus, Leicester City v Burnley, Newcastle v Brighton & Hove Albion and a round-up of yesterday's goals.
11.40 **Sportscene** Highlights of recent events.

7.00 **Dragons' Den** (r) Sara Davies, Peter Jones, Deborah Meaden, Touker Suleyman and Tej Lalvani consider the profit-making potential of ideas for camera lenses, vegan food and intravenous vitamins.
8.00 **Mortimer & Whitehouse: Gone Fishing** Paul Whitehouse and Bob Mortimer go fishing for crucian carp in Wiltshire, a notoriously elusive fish that is usually only sighted at either dusk or dawn.
8.30 **Harry Hill's World of TV** The comedian explores the history of cookery shows.
9.00 **Louis Theroux: Life on the Edge** The film-maker looks back on his documentaries about the criminal justice system in the US, exploring how racial tensions and life in prison has changed over the years.
10.00 **Better Things** Duke has to make a choice between recreational activities.
10.30 **Better Things** Sam falls in love with New Orleans when she is invited to her friends' wedding.
11.05 **Heroes** (r) Matt starts a private security business.
11.45 **Heroes** (r) Peter discovers he has been betrayed.

7.00 **Tipping Point: Lucky Stars** Ben Shephard presents as football star Michael Owen, Strictly host Tess Daly and comedian Hal Cruttenden answer questions to win turns on an arcade-style machine.
8.00 **Family Fortunes** New series. Gino D'Acampo hosts this revamped version of the game show in which two families guess the answers to surveys of 100 people in a bid to play for the £30,000 jackpot.
9.00 **The Singapore Grip** Matthew Webb is introduced to the family but after a tour of his rubber plantation he is troubled to see that questionable practices are taking place.
10.00 **ITV News; Weather**
10.20 **The Real 'Des': The Dennis Nilsen Story** (r) Documentary exploring the personality of serial killer Dennis Nilsen, who murdered up to 15 young men, disposing of their bodies in his garden and down the drain.
11.15 **Heathrow: Britain's Busiest Airport** (r) Border force officer Kat decides whether to allow a holiday-maker into the UK.
11.45 **Inside Animal A&E** (r)

LATE

12.55 Squad Goals **1.25** A Question of Sport (r) **1.55** Weather for the Week Ahead **2.00** BBC News

12.30 Sign Zone: Question Time (r) **1.30** Reported Missing (r) **2.30** This Is BBC Two

12.10 ITV Nightscreen **3.00** Motorsport UK (r) **3.50** ITV Nightscreen **5.05** Judge Rinder (r)

Countryfile,
5.20pm.

Harry Hill's World of TV,
8.30pm.

The Chase,
3.30pm.

RADIO LISTINGS

BBC RADIO 1
5.00 Radio 1's Chillout Anthems. **7.00** Weekend Breakfast. **10.00** Radio 1 Anthems. **10.32** Radio 1 Anthems. **11.00** Jordan North. **1.00** Riyadh Khalaf. **4.00** Radio 1's Life Hacks. **6.00** The Official Chart: First Look on Radio 1. **7.00** Radio 1's Chillest Show with Phil Taggart. **9.00** Rock Show with Daniel P Carter. **11.00** BBC Music Introducing on Radio 1 with Huw Stephens. **12.30** BBC Introducing Dance. **1.00** Radio 1's Residency – Amelie Lens. **2.00** Radio 1's Residency – Saoirse-Saoirse. **3.00** Radio 1's Chill Mix. **4.00** Early Breakfast with Adele Roberts.

BBC RADIO 2
6.00 Good Morning Sunday. **9.00** Steve Wright's Sunday Love Songs. **11.00** The Michael Ball Show. **1.00** Elaine Paige on Sunday. **3.00** Sounds of the 70s with Johnnie Walker. **5.00** Paul O'Grady. **7.00** Sunday Night Is Music Night. **9.00** Around the Piano with Tom Odell. **10.00** The Swing & Big Band Show with Clare Teal. **11.00** Don Black. **12.00** OJ Borg. **3.00** Sounds of the 60s with Tony Blackburn.

BBC RADIO 3
7.00 Breakfast. **9.00** Sunday Morning. **12.00** Private Passions. **1.00** Radio 3 Lunchtime Concert. **2.00** The Early Music Show. **3.00** Choral Evensong. **4.00** Jazz Record Requests. **5.00** The Listening Service. **5.30** Words and Music. **6.45** Sunday Feature: The Kershaw Tapes. **7.30** Drama on 3. **9.00** Record Review Extra. **11.00** A History of Black Classical Music. **12.00** Sounds Connected. **12.30** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Bells on Sunday. **5.45** Profile. **6.00** Newss. **6.05** Something Understood. **6.35** Natural Histories. **6.57** Weather. **7.00** News. **7.10** Sunday. **7.54** Radio 4 Appeal. **7.57** Weather. **8.00** News. **8.10** Sunday Worship. **8.48** A Point of View. **8.58** Tweet of the Day. **9.00** Broadcasting House. **10.00** The Archers. **10.55** Tweet of the Day. **11.00** Desert Island Discs. **11.45** The Rise and Fall of the Antique. **12.00** News. **12.04** The Museum of Curiosity. **12.30** The Food Programme. **12.57** Weather. **1.00** The World This Weekend. **1.30** The Listening Project. **2.00** Gardeners' Question Time. **2.45** Living National Treasures. **3.00** Drama: Blood, Sex and Money by Emile Zola, Season 2 – Sex. **4.00** Open Book. **4.30** Earth Bound. **5.00** File on 4. **5.40** Profile. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Pick of the Week. **7.00** The Whisperer in Darkness. **7.15** Dot. **7.45** The Hotel. **8.00** More or Less. **8.30** Last Word. **9.00** Money Box. **9.25** Radio 4 Appeal. **9.30** In Business. **9.59** Weather. **10.00** The Westminster Hour. **11.00** The Film Programme. **11.30** Something Understood. **12.00** News. **12.15** Thinking Allowed. **12.45** Bells on Sunday. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 TBA. **6.00** 5 Live Science. **7.00** Sunday Breakfast. **10.00** Laura Whitmore's Sunday Session. **11.30** TBA. **6.30** 6-0-6. **8.00** Peter Allen. **9.00** 5 Live Sport: 5 Live Tennis. **1.00** Dotun Adebayo.

Satellite & Digital

OUR TOP PICK OF THE CHANNELS

CHANNEL 4

6.05 Everybody Loves Raymond (r)
7.20 The Big Bang Theory (r)
8.30 The Simpsons (r)
9.30 Sunday Brunch
12.15 Live Heineken Champions Cup Rugby Union Toulouse v Ulster (Kick-off 12.30pm).
2.35 Find It, Fix It, Flog It (r) Henry Cole and Simon O'Brien assess items including a clay pigeon trap.
3.35 Four in a Bed Guest house owners in the New Forest, Bath, East Morton and Liverpool compete.
4.35 Coast vs Country (r) A couple set to retire seek a property in Dorset.
5.35 A Place in the Sun Ben Hillman scours east Mallorca for German choir mistress Tina. (r)
6.30 Channel 4 News

7.00 Escape to the Chateau (r) Before winter arrives, Dick Strawbridge and Angel Adoree take on their next project, transforming a 35-foot long, eight-ton river boat into luxury guest accommodation.
8.00 Scotland's Scenic Railways (r) Cameras follow people who work on Scotland's railways and the steam enthusiasts who safeguard iconic routes beneath vast mountains and across open moorlands.
9.00 George Clarke's National Trust Unlocked In Devon, George visits one of the National Trust's quirkiest buildings, a bear hut on the 6400-acre Killerton estate.
10.00 Gogglebox (r) The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions.
10.55 FILM: The Gambler (2014) A literature professor mounts up hundreds of thousands of dollars in debt to a ruthless loan shark. In a last-ditch attempt to pay off his creditors, he risks everything – including his life – on one last game. Thriller, starring Mark Wahlberg.

1.05 FILM: Blue Is the Warmest Colour (2013) **4.10** Car S.O.S (r) **5.00** Fifteen to One (r) **5.50** Countdown (r)

George Clarke's National Trust Unlocked, 9pm.

CHANNEL 5

6.00 Milkshake!
10.00 SpongeBob SquarePants (r)
10.15 Ryan's Mystery Playdate (r)
10.25 Access
10.30 WWE Raw Highlights
11.30 NFL Endzone
12.00 Friends (r)
12.30 Friends (r)
1.00 Police Interceptors (r)
2.00 The Yorkshire Vet in Spring (r) Some of the challenges that Spring can bring to Yorkshire's animals.
3.00 The Yorkshire Vet in Summer (r) Julian Norton tends to a ewe impaled on a trailer.
4.00 The Yorkshire Vet in Autumn (r)
5.00 The Yorkshire Vet in Winter (r)
5.55 5 News Weekend
6.00 All Creatures Great and Small (r)

7.00 Yorkshire Tea Vs PG Tips: Battle of the Brews A look at two of Britain's leading producers of tea – the traditional favourite PG Tips and Yorkshire Tea, which topped the tea sales charts for the first time in 2019.
8.00 The Nightmare Neighbour Next Door Documentary using eyewitness testimony and footage from camcorders, CCTV and phones to provide accounts of extreme and extraordinary disputes between neighbours.
9.00 Gypsy Eviction: The Battle for Dale Farm A look at the controversial 2011 case in which travellers were evicted from the Essex farm they owned, but did not have planning permission to develop.
10.15 Moving in With the Ex Wife Nadine invites her ex Paul and his new partner Mursine to live with her.
11.10 McDonald's vs Burger King: Burger Wars (r) Documentary examining how the fast food giants grew from humble origins to become two of the most recognisable brands in the world.

12.10 It's Your Fault I'm Fat (r) **1.05** The 21.co.uk Live Casino Show **3.05** Access **3.15** NCIS (r) **4.00** NCIS (r) **4.45** Wildlife SOS (r) **5.10** Nick's Quest (r) **5.35** House Doctor (r)

Yorkshire Tea Vs PG Tips: Battle of the Brews, 7pm.

CLASSIC FM

7.00 Aled Jones. **10.00** Bill Turnbull. **1.00** Catherine Bott. **3.00** John Humphrys. **5.00** David Mellor. **7.00** Smooth Classics at Seven. **9.00** Moira Stuart Meets – Ruth Jones. **10.00** Smooth Classics. **1.00** Sam Pittis.

BBC RADIO SCOTLAND

6.00 Brainwaves. **6.30** Somewhere Only We Know. **7.00** Stark Talk. **7.30** New Every Sunday. **8.00** Good Morning Scotland. **10.00** Sunday Morning with Cathy Macdonald. **11.00** Sportsound. **12.00** (FM) Off the Ball. **2.00** Sportsound. **5.00** Our Lives with Michelle McManus. **5.30** Take the Floor. **7.00** Jazz Nights. **9.00** Classics Unwrapped. **11.00** Iain Anderson. **1.00** As BBC Local Radio and BBC Radio 5 Live.

MacGyver, Sky One, *8pm.*

BBC4

7.00 Kangaroo Dundee & Other Animals – Part One: Natural World. **8.00** The Ghan: Australia's Greatest Train Journey. **11.00** Own the Sky: Jet Pack Dreamers. **12.00** Ultimate Cover Versions at the BBC. **1.00** Classic EastEnders. **3.00** Kangaroo Dundee & Other Animals – Part One: Natural World.

ITV2

7.00 Totally Bonkers Guinness World Records. **7.25** The Ellen DeGeneres Show. **9.00** Britain's Got Talent. **11.00** Live British Touring Car Championship. Coverage from Thruxton. **6.45 FILM:** Mamma Mia! Here We Go Again (2018). Musical sequel, starring Amanda Seyfried. **7.45** FYI Daily. **7.55 FILM:** Mamma Mia! Here We Go Again (2018). **9.00** Love Island USA. **10.00** Family Guy. **11.30** American Dad! **12.25** The Cleveland Show. **1.20** Don't Hate the Playaz. **2.25** Release the Hounds: Famous & Freaked. **3.30** Teleshopping.

ITV3

6.00 Bless This House. **7.05** Coronation Street. **10.00** Emmerdale. **1.00** Lewis. **2.55 FILM:** Carry On Cruising (1962). Comedy, starring Sid James. **4.55** Midsomer Murders. **9.00** Inside the Crown: Secrets of the Royals. **10.00** Agatha Christie's Poirot. **11.05** DCI Banks. **1.10** Davina McCall: Life at the Extreme. **2.10** Agatha Christie's Poirot. **3.00** Bless This House. **3.25** Emmerdale. **5.40** ITV3 Nightscreen.

ITV4

6.00 The Protectors. **6.25** Auto Mundial. **6.50** Motorsport UK. **7.50** DTM Highlights 2020. **9.00** Tour de France Highlights. **10.00** The Professionals. **11.05** The Protectors. **11.45** World Series of Darts Finals. The quarter-finals. **3.45** Tour de France Live 2020. Coverage of the 21st and final stage. **6.45** River Monsters. **7.15** World Series of Darts Finals. Coverage of the evening session on day three of the tournament, staged at the Salzburgarena in Austria, featuring the semi-finals and final. **11.15** The Big Fish Off. **12.20** The Professionals. **1.25** Minder. **2.30** Football Rivalries. **2.40** ITV4 Nightscreen. **3.00** Teleshopping.

SKY ONE

6.00 Hour of Power. **7.00** Animal House. **9.00** Modern Family. **11.00** MacGyver. **12.00** S.W.A.T. **1.00** Hawaii Five-0. **4.00** The Simpsons. **8.00** MacGyver. **9.00** S.W.A.T. **10.00 FILM:** Kick-Ass 2 (2013). Amateur vigilante Dave joins a team of crimefighters, but faces the world's first supervillain. Action comedy sequel, with Aaron Taylor-Johnson and Chloe Grace Moretz. **12.00** Condor 2. **1.00** Hawaii Five-0. **1.55** NCIS: Los Angeles. **2.50** Avenue 5. **4.00** The Real A&E. **5.00** The Real A&E.

SKY MAIN EVENT

6.00 Sky Sports News. **7.00** Live NRL. Newcastle Knights v St George Illawarra Dragons (Kick-off 7.05am). **8.55** Super League Gold. **9.00** The Women's Football Show. **10.00** Super Sunday Matchday. **11.00** Live SPFL. Coverage of a key encounter. **2.00** Live Renault Super Sunday. Newcastle United v Brighton & Hove Albion(Kick-off 2pm). **4.00** Live Renault Super Sunday. Chelsea v Liverpool (Kick-off 4.30pm). **7.30** Live US Open Golf. The fourth day's play from Winged Foot Golf Club in Mamaroneck, New York, where America's Gary Woodland started as the reigning champion. **11.00** Live NFL. Coverage of an NFL match. **12.30** Live NBC's FNIA. Coverage of Football Night in America. **1.20** Patriots @ Seahawks. Seattle Seahawks v New England Patriots (Kick-off 1.20am). Coverage of the inter-conference clash from CenturyLink Field. **5.00** Sky Sports News.

SKY CRICKET

6.00 Cricket's Greatest Games. **7.00** Women's World T20 Classics. **8.00** Indian Premier League. **12.30** Talking Cricket: Chennai 2008. **1.00** Vitality T20 Blast Cricket. Action from a match in the Twenty20 competition. **2.30** Live Indian Premier League. Delhi Capitals v Kings XI Punjab. **7.00** Vitality T20 Blast Cricket. **10.30** Indian Premier League. **3.00** Women's World T20 Classics. **4.00** Cricket's Greatest Games. **5.00** Women's World T20 Classics.

BT SPORT 1

6.00 Ultra-Trail World Tour. **6.30** World Rally Championship. **7.00** Premier League. **10.00** What Went Down: Steve Clarke. **10.15** BT Sport Reload. **10.30** ESPN FC. **11.00** Premier League Today. A review of the weekend's Premier League action as well as looking ahead to today's matches. **11.30** Live Premier League. Southampton v Tottenham Hotspur (Kick-off 12pm). **2.30** Live Bundesliga. RB Leipzig v FSV Mainz 05 (Kick-off 2.30pm). **4.30** What Went Down: Gareth Southgate. **4.45** Live Bundesliga. VfL Wolfsburg v Bayer Leverkusen (Kick-off 5pm). **7.00** The Football Archives: 1980/81. **7.30** BT Sport Reload. **7.45** Live Ligue 1. Marseille v Lille (Kick-off 8pm). Coverage of the French top-flight clash from Stade Velodrome. **10.00** UFC. **1.00** 30 for 30: Ghosts of Ole Miss. **2.00** World Poker Tour Series.

BT SPORT 2

6.00 MotoE Highlights: San Marino. **6.15** MotoGP Rewind. **7.15** Live MotoGP. Warm-ups ahead of the MotoGP, Moto2 and Moto3 Grand Prix of Emilia-Romagna. **8.45** Live MotoE. Coverage of the MotoE Grand Prix of Emilia-Romagna – Race 2. **9.30** Live MotoGP. Coverage of the Moto3 race at the Grand Prix of Emilia-Romagna (Start-time 10am). **11.00** Live MotoGP. Coverage of the Moto2 race at the Grand Prix of Emilia-Romagna (Start-time 11.20am). **12.30** Live MotoGP. Coverage of the MotoGP race at the Grand Prix of Emilia-Romagna (Start-time 1pm). **2.00** Live MotoGP Chequered Flag. Post-race show featuring analysis, highlights and interviews with all the key riders following the Grand Prix of Emilia-Romagna. **2.30** MotoGP Films: Unlimited. **4.00** Live Ligue 1. Nantes v St Etienne (Kick-off 4pm). **6.00** Live MLB. Action from Major League Baseball. **9.00** WWE SmackDown Highlights. **10.00** WWE NXT. **11.45** BT Sport Reload. **12.00** True Grit. **1.00** MotoGP. **2.00** MotoGP Chequered Flag. **2.30** World Rally Championship. **3.00** Boxing: Monzon v Napoles 1974. **3.15** Boxing: Ali v Cooper II 1966. **3.45** MotoGP Films: Racing Together.

EUROSPORT 1

2.00 Cycling: Tour de France. **2.40** Live Cycling: Tour de France. Coverage of the 21st and final stage of this year's race. **6.30** Cycling: Giro Rosa. **7.30** Cycling: La Course by Le Tour. **8.30** Cycling: Tour de France. **10.00** Snooker: European Masters Final. **12.00** Cycling: Tour de France. **1.00** Cycling: Giro Rosa. **2.00** Roland-Garros: Women's Final 2019. **3.00** Roland-Garros 2019: Thiem vs Nadal. **5.00** European Rally Championship. **5.35** Cycling: Paris-Roubaix.

MORE4

8.55 Car S.O.S. **11.55** Four in a Bed. **2.30** Come Dine with Me. **5.15** The 100 Greatest Musicals. **8.00** Grand Designs. **9.00** Emergency Rescue: Air, Land & Sea. **10.00** 999: What's Your Emergency? **11.00** 24 Hours in A&E. **12.05** Ramsay's Kitchen Nightmares USA. **1.00** Emergency Rescue: Air, Land & Sea. **2.05** 999: What's Your Emergency? **3.05** Father Ted. **4.00** Teleshopping.

BBC ALBA

7.00 Alba Today. **4.00** Piseag & Cuilean/Kit & Pup. **4.15** Shane an Chef. **4.25** Srath Sona. **4.35** Creag nam Buthaidean. **4.45** An Là. **5.00** Seachd Là. **6.00** Live Scottish Premiership Football. **7.45** Alleluia! **8.15** An Lot. **8.40** Vets: Gach Creutair Beo. **9.10** Bothy Life. **10.10** Seirm. **11.10** The Optimists. **12.00** Alba Today.

BBC SCOTLAND

12.00 - 7pm as BBC2 except: **12.00** The Service. **12.20** This Is BBC Scotland. **7.00** The Seven. **7.15** Sportscene. **8.30** The Harbour. **9.00** Getting Hitched Asian Style. **10.00** The Force: The Story of Scotland's Police. **11.00** Seven Days.

GOLD

6.00 Teleshopping. **7.20** The Interviews. **8.10** The Story of Only Fools and Horses. **9.10** The Vicar of Dibley. **10.30** Only Fools and Horses. **7.40** Still Open All Hours. **8.20** Dad's Army. **9.00** Ricky & Ralf's Very Northern Road Trip. **10.00** The Office. **11.20** Smack the Pony. **12.30** Game On. **1.05** Ricky & Ralf's Very Northern Road Trip. **2.05** Still Open All Hours. **2.40** Peep Show. **4.00** Teleshopping.

PICK

6.00 Border Patrol. **8.00** UK Border Force. **9.00** Border Patrol. **10.00** Highway Cops. **11.00** Motorway Patrol. **12.00** Highway Patrol. **1.00** Caught Red Handed. **3.00** Brit Cops: Law & Disorder. **5.00** Neighbourhood Blues. **8.00** Border Patrol. **9.00** World's Most Evil Killers. **10.00** Britain's Most Evil Killers. **11.00** Countdown to Murder. **12.00** Road Wars. **2.00** The Force: Essex. **4.00** Highway Patrol.

FILM4

11.00 The Boxtrolls (2014). Stop-motion animated fantasy, with the voice of Isaac Hempstead Wright. **12.55** Capture the Flag (2015). Animated sci-fi adventure, with the voice of Sam Fink. **2.45** The Indian in the Cupboard (1995). Children's fantasy, with Hal Scardino. **4.35** Kubo and the Two Strings (2016). Animated adventure, with the voice of Charlize Theron. **6.35** Snow White & the Huntsman (2012). Fantasy adventure, with Kristen Stewart and Chris Hemsworth. **9.00** All The Money in the World (2017). The mother of a kidnapped teenage heir tries to convince his billionaire grandfather to pay the ransom. Drama, starring Michelle Williams and Christopher Plummer. **11.40** Journeyman (2017). A world champion boxer suffers a serious head injury during a fight that leaves him with brain damage. Boxing drama, written, directed by and starring Paddy Considine. **1.30** Sweet Sixteen (2002). Drama, starring Martin Compston.

DAVE

6.00 Teleshopping. **7.00** Steve Austin's Broken Skull Challenge. **7.55** Rick Stein's Long Weekends. **8.55** Red Bull Soapbox Race. **9.55** Top Gear. **12.00** American Pickers. **1.00** Drug Wars. **2.00** Taskmaster. **7.00** Top Gear. **8.00** Travel Man: 48 Hours in Barcelona. **8.30** Travel Man: 48 Hours in Istanbul. **9.00** Have I Got a Bit More News for You. **10.00** QI XL. **11.00** Live at the Apollo. **12.00** QI XL. **1.00** Have I Got a Bit More News for You. **2.15** Taskmaster. **3.05** Dara O Briain's Go 8 Bit. **4.00** Teleshopping.

TELEVISION

MONDAY SEPTEMBER 21

BBC 1

6.00 Breakfast
9.15 Crimewatch Roadshow Live
10.00 Homes Under the Hammer (r)
11.00 Ill Gotten Gains
11.45 Fraud Squad: The Hunt
12.15 Bargain Hunt
1.00 BBC News at One; Weather
1.30 Reporting Scotland; Weather
1.45 Land Girls (r)
2.30 Hairy Bikers' Best of British (r)
3.00 Escape to the Country
3.45 Garden Rescue
4.30 The Repair Shop
5.15 Pointless Quiz, hosted by Alexander Armstrong.
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather
7.00 Panorama Current affairs report.
8.05 EastEnders
8.30 Ghosts New series. Return of the comedy, starring Charlotte Ritchie.
9.00 The 7.39 (r) Two-part romantic drama, starring David Morrissey and Sheridan Smith.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.45 Famalam
11.10 Yung Filly's Celeb Lock-In Jamie Laing and Sophie Habboo join Yung Filly.
11.40 Have I Got a Bit More News for You (r) Victoria Coren Mitchell hosts, with guest panellists Jess Phillips MP and comedian Ahir Shah.

12.25 Weather for the Week Ahead **12.30** BBC News

BBC 2

6.00 The Repair Shop (r) **6.45 Garden Rescue** (r) **7.30 Sign Zone: Beechgrove** (r) **8.00 Mortimer & Whitehouse: Gone Fishing** (r) **8.30 The Week in Parliament 9.00 BBC News at 9 10.00 BBC News 12.15 Politics Live 1.00 The Boss** (r) **1.45 Make Me a Dealer** (r) **2.30 A Place to Call Home** (r)
3.20 Meet the Monkeys: Natural World (r)
4.15 Oceans (r) The impact the Indian Ocean's tides and currents have on coastal areas.
5.15 Flog It! (r)
6.00 Richard Osman's House of Games (r)
6.30 The Farmers' Country Showdown (r)
7.00 The Yorkshire Dales (r)
7.30 Tom Kerridge: Lose Weight for Good (r)
8.00 Only Connect New series.
8.30 University Challenge The Royal Academy of Music plays St John's College, Cambridge.
9.00 The Diagnosis Detectives A man suffering multiple seizures every day. Last in the series.
10.00 Mock the Week (r)
10.30 Amazing Hotels: Life Beyond the Lobby (r)
10.45 Newsnight
11.25 Weather
11.30 Women's Cricket: England v West Indies T20 Highlights

12.30 Louis Theroux: Life on the Edge (r) **1.30** Sign Zone: Countryfile (r) **2.30** Antiques Roadshow (r) **3.30** Murder, Mystery and My Family: Case Closed? (r) **4.15** This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Judge Rinder Real-life cases in a studio courtroom.
3.00 Supermarket Sweep Rylan Clark-Neal hosts the game show.
3.59 STV Weather Central
4.00 Tipping Point Game show, hosted by Ben Shephard.
5.00 The Chase Tom, Wyn, Harriet and Heather take part.
6.00 STV News at Six; Weather
6.30 ITV Evening News; Weather
7.00 Emmerdale Belle is devastated that her family have turned against her.
7.30 Coronation Street Jack attacks Hope.
8.00 Inside Animal A&E Ambulance driver Lee picks up 17-year-old tabby Twinkle, a regular Blue Cross patient.
8.30 Coronation Street A suspicious Debbie sees Abi meet up with Peter.
9.00 Rose West & Myra Hindley: Their Untold Story with Trevor McDonald
10.00 ITV News at Ten
10.30 STV News; Weather
10.40 Scotland Tonight; Weather
11.05 Flying for Britain with David Jason (r)

12.05 Australian Wilderness with Ray Mears **12.35** Tour de France Highlights **1.25** ITV Nightscreen **3.00** Parveen's Indian Kitchen (r) **3.50** ITV Nightscreen **5.05** Judge Rinder (r)

CHANNEL 4

6.30 Mike & Molly (r)
7.15 Cheers (r)
8.05 Everybody Loves Raymond (r)
9.35 Frasier (r)
10.35 Undercover Boss USA (r)
11.30 Channel 4 News
11.35 Ramsay's Kitchen Nightmares USA (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 Find It, Fix It, Flog It (r) Finds include Victorian street lamps.
4.00 A Place in the Sun
5.00 Couples Come Dine with Me (r)
6.00 The Simpsons (r)
6.30 Hollyoaks Misbah becomes flustered by a mystery phone call.
7.00 Channel 4 News
8.00 Inside the Bomb Squad Sam Jones and Matt Coogan head to the scene of a mortar bomb discovery.
8.30 Jamie: Keep Cooking Family Favourites Jamie Oliver shares his simple take on a butter chicken curry.
9.00 Brain Surgeons: Between Life and Death New series. Documentary following patients at the Neurological Centre in Southampton.
10.00 999: What's Your Emergency? (r) The work of the emergency services.
11.05 24 Hours in A&E (r)

12.10 Call the Cops (r) **1.05** Ramsay's Kitchen Nightmares USA (r) **1.55** Couples Come Dine with Me (r) **2.45** This Is Us (r) **3.35** Work on the Wild Side (r) **4.25** Fifteen to One (r) **5.20** Food Unwrapped (r) **5.45** Kirstie's Vintage Gems (r) **5.50** Countdown (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
11.15 Can't Pay? We'll Take It Away! (r)
12.10 5 News at Lunchtime
12.15 Police Interceptors (r)
1.10 Access
1.15 Home and Away (r)
1.45 Neighbours
2.15 FILM: Skeletons in the Closet: Darrow and Darrow Mystery (2017) Premiere. Mystery, starring Kimberly Williams-Paisley.
4.00 Friends (r)
5.00 5 News at 5
5.30 Neighbours (r)
6.00 Home and Away (r)
6.30 5 News Tonight
7.00 How to Add 20k to Your Home (r) TV property and interior experts share the secrets of adding value to a property. Followed by 5 News Update
8.00 Ultimate Police Interceptors In Bradford, a stolen Ford Ranger hits more than 100mph. Followed by 5 News Update
9.00 Ambulance: Code Red Paramedics treat a motorcyclist who has been thrown off his bike.
10.00 Inside Holloway: Women Behind Bars (r) Part one of two. The history of the prison and its inmates.
11.30 Angel of Death: The Crimes of Beverly Allitt (r) A psychological profile of child killer Beverly Allitt.

12.30 Criminals: Caught on Camera (r) **1.00** Live NFL: Monday Night Football Las Vegas Raiders v New Orleans Saints (Kick-off 1.15am). **4.30** Now That's Funny! (r) **5.25** House Doctor (r) **5.50** Access

Famalam, *10.45pm.*

University Challenge, *8.30pm.*

Coronation Street, *7.30pm.*

Jamie: Keep Cooking Family Favourites, *8.30pm.*

Ambulance: Code Red, *9pm.*

BBC4

7.00 Elephant Diaries. **7.30** The Joy of Painting. **8.00** Fake or Fortune? **9.00** The Secret History of Writing. **10.00** The Real Doctor Zhivago. **11.00** Mindful Escapes: Breathe, Release, Restore. **11.30** Sold! Inside the World's Biggest Auction House. **12.30** Fake or Fortune? **1.30** The Joy of Painting. **2.00** Elephant Diaries. **2.30** The Secret History of Writing.

ITV2

7.00 The Ellen DeGeneres Show. **8.00** Emmerdale. **8.30** Coronation Street. **9.25** Superstore. **10.25** Roswell, New Mexico. **11.25** Dinner Date. **12.25** Emmerdale. **12.55** Coronation Street. **2.00** The Ellen DeGeneres Show. **2.55** Ellen's Game of Games. **3.50** The Masked Singer US. **4.50** Dress to Impress. **5.50** Take Me Out. **7.00** You've Been Framed! Gold. **8.00** Two and a Half Men. **9.00** Love Island USA. **10.00** Family Guy. **11.30** American Dad! **12.30** The Cleveland Show. **1.30** Two and a Half Men. **2.35** Roswell, New Mexico. **3.20** ITV2 Nightscreen. **3.30** Teleshopping.

ITV3

6.00 Classic Coronation Street. **6.55** Classic Emmerdale. **7.55** Heartbeat. **8.55** Bless This House. **10.00** George and Mildred. **10.30** A Touch of Frost. **12.40** Heartbeat. **1.45** Classic Emmerdale. **2.50** Classic Coronation Street. **3.55** Midsomer Murders. **5.55** A Touch of Frost. **8.00** Agatha Christie's Poirot. **10.10** DCI Banks. **11.10** Agatha Christie's Marple. **1.10** A Touch of Frost. **3.00** Bless This House. **3.25** ITV3 Nightscreen. **3.30** Teleshopping.

SKY ONE

6.00 Futurama. **7.00** Monkey Business. **8.00** Animal 999. **9.00** Road Wars. **10.00** Manifest. **11.00** NCIS: Los Angeles. **1.00** Hawaii Five-0. **3.00** Highway Patrol. **4.00** Modern Family. **5.00** The Simpsons. **5.30** Futurama. **6.30** The Simpsons. **8.00** An Idiot Abroad. **9.00 FILM:** Beverly Hills Cop III (1994). **11.00** The 72nd Annual Primetime Emmy Awards. **1.00** Prodigal Son. **2.00** The Twilight Zone. **3.00** NCIS: Los Angeles. **4.00** The Flash. **5.00** Supergirl.

SKY MAIN EVENT

6.00 Sky Sports News. **10.00** Good Morning Transfers. **11.00** The Football Show. **12.00** The Football Show. **1.00** Transfer Talk. **2.00** Sky Sports News. **2.30** Live Indian Premier League. **5.00** Live Premier League. **8.00** Live MNF. Wolverhampton Wanderers v Manchester City (Kick-off 8pm). **11.00** Sky Sports News. **12.00** Live: Total Access. **1.00** Live NFL. **4.30** Sky Sports News.

SKY CRICKET

6.00 Cricket's Greatest Games. **7.00** Best of England v Australia. **7.15** Ashes Greats. **8.00** Cricket in Mumbai. **9.00** Indian Premier League. **1.30** Talking Cricket: Graeme Smith. **2.00** Talking Cricket: Chennai 2008. **2.30** Live Indian Premier League. **7.00** Women's International T20 Cricket. **9.00** Indian Premier League. **1.30** Talking Cricket: Wasim & Waqar. **2.00** Cricket's Greatest Games. **3.00** Best of England v Australia. **3.15** Ashes Greats. **4.00** Cricket's Greatest Games. **5.00** Best of England v Australia. **5.15** Ashes Greats.

BT SPORT 1

6.00 The Football Archives: 1981/82. **6.30** Leicester City v Watford 1984/85. **7.00** WWE SmackDown Highlights. **8.00** WWE NXT UK. **9.00** WWE NXT Highlights. **10.00** Live AFL. **1.00** FIM Speedway Grand Prix. **3.00** Ligue 1 Highlights. **4.00** Premier League Review. **5.00** The Football Archives: 1984/85. **5.30** Ligue 1 Highlights. **6.30** Heineken Champions Cup Highlights. **7.30** Live Premiership Rugby Cup. Sale Sharks v Harlequins (Kick-off 7.45pm). **10.15** Sport In Focus – Kings of Clermont. **10.30** Ultra-Trail World Tour. **11.00** WWE Raw Highlights. **12.00** WWE SmackDown Highlights. **1.00** Live: WWE Monday Night Raw. **4.15** Arnold's Blueprint. **4.30** BT Sport Reload. **5.00** World Poker Tour Series.

BBC ALBA

5.00 Piseag & Cuilean/Kit & Pup. **5.13** Bruno. **5.15** Creag nam Buthaidean. **5.25** Padraig Post: Seirbheis Deis agus Sonraichte. **5.45** Bing. **5.50** iS E Iasg a ThíAnnam. **5.55** Stòiridh. **6.00** Na Moomins/Moomin Valley. **6.20** Buntàta Amh. **6.30** Geamaichean Gorach. **6.35** Saidheans Sporsail. **7.00** An Solas Buan. **7.30** Speaking Our Language. **7.55** Earrann Eachdraidh. **8.00** An Là. **8.30** Dealbhan Fraoich. **9.00** Bannan. **9.30** Abair Trusadh. **10.00** TradFest. **10.30** Am Fear Cinnidh Og – The Young Clan Commander. **11.30** Seòid a' Chidsin – The Kitchen Coves. **12.00** Alba Today.

BBC SCOTLAND

12.00 - 7pm as BBC2 except: **12.00** This Is BBC Scotland. **1.30** Sign Zone: Beechgrove. **2.00** Sign Zone: Flour Power. **2.30** Sign Zone: Paramedics on Scene. **3.00** This Is BBC Scotland. **7.00** Landward. **7.30** Wild Cameramen at Work. **8.00** Inside the Zoo. **9.00** The Nine. **10.00 FILM:** Down Among the Big Boys (1993). **11.30** Rewind 2000s.

FILM4

11.00 The Spy in Black (1939). **12.40** The Last Frontier (1955). **2.40** The Enemy Below (1957). **4.40** Two Rode Together (1961). **6.55** The Adventures of Tintin (2011). **9.00** Passengers (2016). **11.15** Wild Honey Pie! (2018). **1.00** Labor Day (2013).

DAVE

6.00 Teleshopping. **7.10** Brojects in the House. **8.00** American Pickers. **9.00** Storage Hunters UK. **10.00** American Pickers. **12.00** Red Bull Soapbox Race. **1.00** Top Gear. **3.00** Rick Stein's Far Eastern Odyssey. **4.00** Top Gear. **6.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Would I Lie to You? At Christmas. **8.20** Insert Name Here: Christmas Special. **9.00** QI XL. **10.00** Live at the Apollo. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? At Christmas. **1.20** Insert Name Here: Christmas Special. **2.00** Live at the Apollo. **3.00** Dara O Briain's Go 8 Bit. **4.00** Teleshopping.

RADIO

BBC RADIO 1

7.00 The Radio 1 Breakfast Sho. **10.30** Clara Amfo. **12.00** Radio 1's Live Lounge. **12.45** Newsbeat. **1.00** Scott Mills. **3.30** Nick Grimshaw. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds. **7.00** Radio 1's Power Down Playlist. **8.00** Rickie, Melvin and Charlie. **10.00** Radio 1's Future Artists. **12.00** Radio 1's Drum & Bass Show with Rene LaVice. **2.00** Radio 1 Dance Presents -Toolroom: KC Lights. **3.00** Radio 1's Workout Mix. **4.00** Early Breakfast.

BBC RADIO 2

5.00 Vanessa Feltz. **6.30** The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Steve Wright. **5.05** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley. **9.00** The Blues Show with Cerys Matthews. **10.00** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **3.00** Sounds of the 70s with Johnnie Walker.

BBC RADIO 3

6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Beethoven – Spirit of the Age. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **4.30** Early Music Now. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** Music Matters. **10.45** The Essay: Five Kinds of Beethoven. **11.00** Night Tracks. **12.30** Through the Night.

BBC RADIO 4

5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today. **9.00** Start the Week. **9.45** (FM) Book of the Week: Dear Life. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** Vaccines, Money and Politics. **11.30** Loose Ends. **12.00** News. **12.04** The Vanishing Futurist. **12.18** You and Yours. **12.57** (FM) Weather. **1.00** The World at One. **1.45** Two Minutes Past Nine. **2.00** Drama: Blood, Sex and Money by Emile Zola, Season 2 – Sex. **2.45** The Escaped Lyric. **3.00** Brain of Britain. **3.30** The Food Programme. **4.00** Hip-Hop's Laughing Stock. **4.30** Beyond Belief. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** The Museum of Curiosity. **7.00** The Archers. **7.15** Front Row. **7.45** Things Fall Apart. **8.00** Cannadine on Class. **8.30** Crossing Continents. **9.00** Forum Internum. **9.30** Start the Week. **10.00** The World Tonight. **10.45** Book at Bedtime. **11.00** Alex Edelman's Special Relationships. **11.30** Today in Parliament. **12.00** News and Weather. **12.30** Book of the Week: Dear Life. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE

5.00 TBA. **6.00** 5 Live Breakfast. **9.00** Your Call. **10.00** The Emma Barnett Show. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** TBA. **10.30** Colin Murray. **1.00** Susanne Courtney.

CLASSIC FM

6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** Nicholas Owen. **7.00** Smooth Classics at Seven. **8.00** The Classic FM Concert with John Suchet. **10.00** Smooth Classics. **1.00** Sam Pittis.

BBC RADIO SCOTLAND

6.00 Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** The Afternoon Show with Janice Forsyth. **4.00** Drivetime. **6.00** (FM) Get It On with Bryan Burnett. **6.00** (MW) Sportsound. **7.00** (MW) Get It On with Bryan Burnett. **8.00** Vic Galloway. **10.00** Iain Anderson. **12.00** As Radio 5.

The Joy of Painting, BBC4, *7.30pm.*

TELEVISION

TUESDAY SEPTEMBER 22

BBC 1

6.00 Breakfast
9.15 Crimewatch Roadshow Live
10.00 Homes Under the Hammer (r)
11.00 Ill Gotten Gains
11.45 Fraud Squad: The Hunt (r)
12.15 Bargain Hunt (r)
1.00 BBC News at One; Weather
1.30 Reporting Scotland; Weather
1.45 Land Girls (r)
2.30 Hairy Bikers' Best of British (r)
3.00 Escape to the Country
3.45 Garden Rescue
4.30 The Repair Shop
5.15 Pointless Quiz, hosted by Alexander Armstrong.
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather

7.00 The One Show Alex Jones and Amol Rajan present live chat and topical reports.
7.35 EastEnders
8.00 The Sheriffs Are Coming Part one of two. Sheriffs are subjected to a barrage of abuse at a car dealership.
9.00 The 7.39 (r) Concluding part. Carl and Sally fight their feelings for one another.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.45 Just One Night
11.05 Just One Night
11.30 Peter Kay's Stand-Up Comedy Shuffle (r)
11.55 Ambulance (r)

12.55 Weather for the Week Ahead **1.00** BBC News

BBC 2

6.30 The Repair Shop (r) **7.15 Garden Rescue** (r) **8.00 Sign Zone: Gardeners' World** (r) **9.00 BBC News at 9 10.00 BBC News 12.15 Politics Live 1.00 The Boss** (r) **1.45 Make Me a Dealer** (r) **2.30 A Place to Call Home** (r) Sarah finds the strength to face her biggest fear.
3.20 A to Z of TV Gardening (r)
3.30 Killer Whales: Beneath the Surface – Natural World (r)
4.15 Oceans: Mediterranean (r) Exploring the Mediterranean Sea.
5.15 Flog It! (r)
6.00 Richard Osman's House of Games (r)
6.30 The Farmers' Country Showdown (r)

7.00 Celebrity Antiques Road Trip (r) Roberta Taylor and Trudie Goodwin hunt for antiques in Stirlingshire.
8.00 This Farming Life Helen and Graham prepare for a visit from the vet. Last in the series.
9.00 Britain's Biggest Dig The search of the lost remains of an explorer and a champion boxer.
10.00 Live at the Apollo (r) Rob Beckett hosts, with Jen Brister and Darren Harriott.
10.45 Newsnight With Emily Maitlis.
11.25 Weather
11.30 The Diagnosis Detectives (r) Last in the series.

12.30 Sign Zone: Best of Top Gear (r) **1.30** Celebrity MasterChef: A Recipe for Success (r) **2.30** Murder, Mystery and My Family: Case Closed? (r) **3.15** This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Judge Rinder Real-life cases in a studio courtroom.
3.00 Supermarket Sweep Game show, hosted by Rylan Clark-Neal.
3.59 STV Weather Central
4.00 Tipping Point Game show, hosted by Ben Shephard.
5.00 The Chase Quiz show, hosted by Bradley Walsh.
6.00 STV News at Six; Weather
6.30 ITV Evening News; Weather

7.00 Emmerdale Andrea tells Moira the secret.
7.30 Harbour Cops Documentary about residents of the seaside town of Tenby, Pembrokeshire.
8.00 Love Your Exotic Garden Alan Titchmarsh takes a look back at memorable exotic gardens.
9.00 Appropriate Adult (r) Part one of two. Fact-based drama, starring Emily Watson.
10.30 ITV News
11.00 STV News; Weather
11.05 Scotland Tonight; Weather Current affairs show.
11.35 All Elite Wrestling: Dynamite (r)

12.30 ITV Nightscreen **5.05** Judge Rinder (r)

CHANNEL 4

6.30 Mike & Molly (r)
7.15 Cheers (r)
8.05 Everybody Loves Raymond (r)
9.35 Frasier (r)
10.35 Undercover Boss USA (r)
11.30 Channel 4 News
11.35 Ramsay's Kitchen Nightmares USA (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 Find It, Fix It, Flog It (r) Items include a butter churn and a slot machine.
4.00 A Place in the Sun
5.00 Couples Come Dine with Me (r)
6.00 The Simpsons (r)
6.30 Hollyoaks

7.00 Channel 4 News
8.00 The Great British Bake Off New series. Matt Lucas joins Noel Fielding as host for the 2020 series, which has required the 12 contestants to form a social bubble. The challenges start with cake week.
9.30 The Write Offs Part one of two. Sandi Toksvig helps eight adults who cannot read or write to master basic literacy, setting them fun challenges to put what they have learned so far to the test.
10.35 Gogglebox (r) The armchair critics share their opinions on what they have been watching during the week.
11.40 Shameless (r)

12.40 Five Guys a Week (r) **1.30** FILM: The Lift Boy (2017) Premiere. Comedy drama, starring Moin Khan. **3.25** Work on the Wild Side (r) **4.20** Fifteen to One (r) **5.10** Food Unwrapped (r) **5.35** Jamie's Comfort Food (r) **5.50** Countdown (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
11.15 Can't Pay? We'll Take It Away! (r)
12.10 5 News at Lunchtime
12.15 Police Interceptors (r)
1.10 Access
1.15 Home and Away (r)
1.45 Neighbours
2.15 FILM: Secret Lies and Family Ties (2018) Premiere. Thriller, starring Paige Turco.
4.00 Friends (r)
4.30 Friends (r)
5.00 5 News at 5
5.30 Neighbours (r)
6.00 Home and Away (r)
6.30 5 News Tonight

7.00 Dogs Behaving (Very) Badly (r) Graeme Hall helps dogs that go overboard protecting the family home. Followed by 5 News Update
8.00 The Yorkshire Vet Julian has to deliver the biggest calf he has ever encountered. Followed by 5 News Update
9.00 All Creatures Great and Small James looks after Mrs Pumphrey's spoiled Pekingese as it recovers from an illness.
10.00 Princess Margaret: Rebel Without a Crown (r) A profile of the Queen's younger sister.
11.35 Linda Nolan: In Therapy (r)

12.30 Premiership Rugby Cup Highlights **12.55** Access **1.00** The 21.co.uk Live Casino Show **3.00** Access **3.10** Can't Pay? We'll Take It Away! (r) **4.00** Now That's Funny! (r) **4.45** Wildlife SOS (r) **5.10** Nick's Quest (r) **5.35** House Doctor (r)

The Repair Shop, *4.30pm.*

This Farming Life, *8pm.*

Love Your Exotic Garden, *8pm.*

The Simpsons, *6pm.*

The Yorkshire Vet, *8pm.*

BBC4

7.00 Elephant Diaries. **7.30** The Joy of Painting. **8.00** Amazon: Earth's Great Rivers. **9.00** Australia with Simon Reeve. **10.00** Chateau Chunder: When Australian Wine Changed the World. **11.00** Mindful Escapes: Breathe, Release, Restore. **11.30** Mystery Road. **1.25** The Joy of Painting. **1.50** Blackadder Goes Forth. **2.50** Australia with Simon Reeve.

ITV2

7.00 The Ellen DeGeneres Show. **8.00** Emmerdale. **8.30** Coronation Street. **9.25** Superstore. **10.25** Roswell, New Mexico. **11.25** Dinner Date. **12.25** Emmerdale. **12.55** Coronation Street. **2.00** The Ellen DeGeneres Show. **2.55** Ellen's Game of Games. **3.50** The Masked Singer US. **4.50** Dress to Impress. **5.50** Take Me Out. **7.00** You've Been Framed! Gold. **8.00** Two and a Half Men. **9.00** Love Island USA. **10.00** Family Guy. **11.25** American Dad! **12.25** The Cleveland Show. **12.50** Two and a Half Men. **1.45** Roswell, New Mexico. **2.40** The Almost Impossible Gameshow. **3.30** Teleshopping.

ITV3

6.00 Classic Coronation Street. **6.55** Classic Emmerdale. **7.55** Heartbeat. **8.55** Bless This House. **10.00** George and Mildred. **10.30** A Touch of Frost. **12.40** Heartbeat. **1.45** Classic Emmerdale. **2.50** Classic Coronation Street. **3.55** Midsomer Murders. **5.55** A Touch of Frost. **8.00** Midsomer Murders. **10.00** DCI Banks. **11.00** Agatha Christie's Poirot. **1.20** A Touch of Frost. **3.10** ITV3 Nightscreen. **3.30** Teleshopping.

SKY ONE

6.00 Futurama. **7.00** Big Ang: Miami Monkey. **7.30** The Worst Witch. **8.00** Animal 999. **9.00** Road Wars. **10.00** Manifest. **11.00** NCIS: Los Angeles. **1.00** Hawaii Five-0. **3.00** Highway Patrol. **4.00** Modern Family. **5.00** The Simpsons. **5.30** Futurama. **6.30** The Simpsons. **8.00** A League of Their Own. **9.00** Prodigal Son. **10.00** The Force: Essex. **11.00** The Twilight Zone. **12.00** Two Weeks to Live. **12.30** Condor 2. **1.30** Road Wars. **2.00** MacGyver. **3.00** Manifest. **4.00** The Flash. **5.00** Supergirl.

SKY MAIN EVENT

6.00 Sky Sports News. **10.00** Good Morning Transfers. **11.00** The Football Show. **12.00** The Football Show. **1.00** Transfer Talk. **2.00** Sky Sports News. **2.30** Live Indian Premier League. Rajasthan Royals v Chennai Super Kings. **7.00** The Transfer Show. Analysis of the latest transfer news. **7.30** Live EFL Cup. Live coverage of a League Cup match. **10.00** Transfer Centre. The latest football transfer developments. **10.30** Sky Sports News. A round-up of the day's talking points. **11.00** Sky Sports News. A round-up of the day's talking points. **12.00** Live: Total Access. **1.00** Sky Sports News. **2.00** Live Nba Play-Offs 38: Tbc @ Tbc 22.09 0200. **4.30** Sky Sports News.

SKY CRICKET

6.00 Women's International T20 Cricket. **9.30** Indian Premier League. **2.00** Cricket's Greatest Games. **2.30** Live Indian Premier League. Rajasthan Royals v Chennai Super Kings. **7.00** Cricket in Mumbai. **8.00** Indian Premier League. **12.30** Cricket in Mumbai. **1.30** Talking Cricket: Sachin Tendulkar. **2.00** Cricket's Greatest Games. **3.00** Ashes Greats. **3.50** Ashes Greats. **4.00** Cricket's Greatest Games. **5.00** Ashes Greats. **5.50** Ashes Greats.

BT SPORT 1

6.00 Bundesliga Highlights Show. **7.00** WWE Friday Night SmackDown. **8.30** ESPN FC. **9.00** PSA Squash. **10.30** Hamburg v Fortuna Dusseldorf. **12.00** Premier League Review. **1.00** BT Sport Score Best Bits. **1.30** ESPN FC. **2.00** Badminton Unlimited. **2.30** PSA Squash. **4.00** WWE NXT Highlights. **5.00** BT Sport Goals Reload. **5.15** Live Gallagher Premiership Rugby Union. Bath v Gloucester (Kick-off TBA). **7.45** Heineken Champions Cup Highlights. **8.45** MotoGP Rewind. **9.00** WWE Monday Night Raw. **11.30** WWE NXT. **1.15** MotoGP Rewind. **1.30** BT Sport Goals Reload. **2.00** World Poker Tour Series.

BBC ALBA

5.00 Ceitidh Morag. **5.15** Pincidh Dincidh Dù. **5.30** Shane an Chef. **5.40** Abadas. **5.50** Stòiridh. **6.00** Donnie Murdo. **6.10** Dràgonan – Rèis chun an iomaill. **6.35** Aithne air Ainmhidhean. **7.00** Dileas. **7.30** Speaking Our Language. **7.55** Earrann Eachdraidh. **8.00** An Là. **8.30** Vets: Gach Creutair Beo. **9.00** An Drochaid. **10.00** Abair Trusadh. **10.30** TradFest. **11.00** Fonn mo Bheatha. **11.30** Alleluia! **12.00** Alba Today.

BBC SCOTLAND

12.00 - 7pm as BBC2 except: **12.00** This Is BBC Scotland. **7.00** Inside the Zoo. **8.00** Inside Central Station. **9.00** The Nine. **10.00** Scotland's Superhospital. **11.00** The Force: The Story of Scotland's Police.

FILM4

11.00 How Green Was My Valley (1941). **1.25** Buchanan Rides Alone (1958). **3.05** The Long Memory (1952). **4.55** Man in the Saddle (1951). **6.40** Transcendence (2014). Sci-fi drama, starring Johnny Depp. **9.00** Valerian and the City of a Thousand Planets (2017). Sci-fi adventure, starring Dane DeHaan and Cara Delevingne. **11.45** Along Came a Spider (2001). Detective thriller prequel, starring Morgan Freeman. **1.50** Leaning into the Wind (2017).

DAVE

6.00 Teleshopping. **7.00** Brojects in the House. **8.00** American Pickers. **9.00** Storage Hunters UK. **10.00** American Pickers. **12.00** Red Bull Soapbox Race. **1.00** Top Gear. **3.00** Rick Stein's Far Eastern Odyssey. **4.00** Top Gear. **6.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Would I Lie to You? **8.20** Insert Name Here. **9.00** QI XL. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? **1.20** Insert Name Here. **2.00** Live at the Apollo. **3.00** Dara O Briain's Go 8 Bit. **4.00** Teleshopping.

RADIO

BBC RADIO 1
7.00 The Radio 1 Breakfast Show. **10.30** Clara Amfo. **12.00** Radio 1's Live Lounge. **12.45** Newsbeat. **1.00** Scott Mills. **3.30** Nick Grimshaw. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds. **8.00** Rickie, Melvin and Charlie. **10.00** Radio 1's Future Artists. **12.00** Annie Nightingale presents. **2.00** BBC Introducing Dance. **2.30** The Next Episode. **3.00** Radio 1's Movie Mixtape. **4.00** Early Breakfast.

BBC RADIO 2
5.00 Vanessa Feltz. **6.30** The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Steve Wright in the Afternoon. **5.05** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley. **9.00** The Jazz Show with Jamie Cullum. **10.00** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **3.00** Sounds of the 80s with Gary Davies. **4.50** Radio 2 Sounds of the 80s Mastermix.

BBC RADIO 3
6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Beethoven – Spirit of the Age. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** Free Thinking. **10.45** The Essay: Five Kinds of Beethoven. **11.00** Night Tracks. **12.30** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today. **8.30** (LW) Yesterday in Parliament. **9.00** The Life Scientific. **9.30** One to One. **9.45** (FM) Dear Life. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** Science Stories. **11.30** Natalie Haynes Stands Up for the Classics. **12.00** (FM) News. **12.04** The Vanishing Futurist. **12.18** Call You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Two Minutes Past Nine. **2.00** The Archers. **2.15** Drama: Blood, Sex and Money by Emile Zola, Season 2 – Sex. **3.00** Short Cuts. **3.30** Costing the Earth. **4.00** No Triumph No Tragedy. **4.30** Great Lives. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** The Lenny Henry Show. **7.00** The Archers. **7.15** Front Row. **7.45** Things Fall Apart. **8.00** File on 4. **8.40** In Touch. **9.00** Inside Health. **9.30** The Life Scientific. **10.00** The World Tonight. **10.45** Book at Bedtime: The Vanishing Futurist. **11.00** To Hull and Back. **11.30** Today in Parliament. **12.00** News and Weather. **12.30** Book of the Week: Dear Life. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Your Call. **10.00** The Emma Barnett Show. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** TBA. **10.30** Colin Murray. **1.00** Susanne Courtney.

CLASSIC FM
6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** Nicholas Owen. **7.00** Smooth Classics at Seven. **8.00** The Classic FM Concert with John Suchet. **10.00** Smooth Classics. **1.00** Sam Pittis.

BBC RADIO SCOTLAND
6.00 Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** The Afternoon Show with Janice Forsyth. **4.00** Drivetime. **6.00** (FM) Get It On with Bryan Burnett. **6.00** (MW) Sportsound. **7.00** (MW) Get It On with Bryan Burnett. **8.00** Another Country with Ricky Ross. **10.00** Roddy Hart.

Mystery Road, BBC4, *11.30pm.*

TELEVISION

WEDNESDAY SEPTEMBER 23

BBC 1

6.00 Breakfast
9.15 Crimewatch Roadshow Live
10.00 Homes Under the Hammer (r)
11.00 Ill Gotten Gains
11.45 Fraud Squad: The Hunt
12.15 Bargain Hunt (r)
1.00 BBC News at One; Weather
1.30 Reporting Scotland; Weather
1.45 Land Girls (r)
2.30 Politics Scotland
3.15 Hairy Bikers' Best of British (r)
3.45 Garden Rescue
4.30 The Repair Shop
5.15 Pointless
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather
6.55 Party Political Broadcast (r)
7.00 The One Show Presented by Alex Jones and Amol Rajan.
7.30 Fake Britain (r) An investigation into cold callers making false medical claims.
8.00 The Repair Shop (r) Items include a set of bagpipes that saw action in the First World War.
9.00 Ambulance A day of protests in the city of London causes disruption for the team in control.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.45 Fort Salem In the aftermath of Citydrop, the unit comes closer together.
11.25 Fort Salem

12.10 The Truth About Carbs (r) **1.10** Debate Night (r) **2.10** Weather for the Week Ahead **2.15** BBC News

BBC 2

6.30 The Repair Shop (r) **7.15 Garden Rescue** (r) **8.00 Sign Zone: This Farming Life** (r) **9.00 BBC News at 9 10.00 BBC News 11.15 Politics Live 1.00 The Boss** (r) **1.45 Make Me a Dealer** (r) **2.30 A Place to Call Home** (r)
3.15 Chimps of the Lost Gorge: Natural World (r) The lives of chimpanzees in a remote gorge in Uganda.
4.15 Oceans: Arctic (r) The Arctic Ocean, one of the world's most hostile environments.
5.15 Flog It! (r)
6.00 Richard Osman's House of Games (r)
6.30 The Farmers' Country Showdown (r)
7.00 Celebrity Antiques Road Trip (r)
8.00 Mary Berry's Simple Comforts Mary makes a series of recipes inspired by the Emerald Isle.
8.30 Nadiya Bakes Nadiya Hussain shares some of her favourite savoury dishes.
9.00 Harlots Isabella realises that her brother is determined to discover her secret.
9.50 Harlots Fallon asks Blayne for help as he could be exposed for attacking Amelia Scanwel.
10.45 Newsnight
11.25 Weather
11.30 Women's Cricket: England v West Indies T20 Highlights

12.30 Sign Zone: The Truth About Cosmetic Treatments (r) **1.30** The Diagnosis Detectives (r) **2.30** Food: Truth or Scare (r) **3.15** This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Judge Rinder Real-life cases in a studio courtroom.
3.00 Supermarket Sweep
3.59 STV Weather Central
4.00 Tipping Point Game show, hosted by Ben Shephard.
5.00 The Chase Contestants Russell, Asif, Sophie and Emily take part.
6.00 STV News at Six; Weather
6.25 Party Political Broadcast
6.30 ITV Evening News; Weather
7.00 Emmerdale Moira confronts Belle, and Cain heads off armed with a bat.
7.30 Coronation Street Adam is horrified to learn that Daniel slept with Nicky.
8.00 Heathrow: Britain's Busiest Airport
8.30 Coronation Street Peter berates Abi for confiding in Debbie and resolves to come clean to Carla.
9.00 Appropriate Adult (r) Conclusion. Janet's relationship with Fred West enters a new phase.
10.30 ITV News
11.00 STV News; Weather
11.05 Scotland Tonight; Weather
11.35 Peston

12.30 ITV Nightscreen **3.00** James Martin's American Adventure (r) **3.50** ITV Nightscreen **5.05** Judge Rinder (r)

CHANNEL 4

6.30 Mike & Molly (r)
7.15 Cheers (r)
8.05 Everybody Loves Raymond (r)
9.35 Frasier (r)
10.35 Undercover Boss USA (r)
11.30 Channel 4 News
11.35 Ramsay's Kitchen Nightmares USA (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 Find It, Fix It, Flog It (r) Simon O'Brien repurposes some old suitcases.
4.00 A Place in the Sun
5.00 Couples Come Dine with Me (r)
6.00 The Simpsons (r)
6.30 Hollyoaks
7.00 Channel 4 News
8.00 Location, Location, Location: 20 Years and Counting Kirstie Allsopp and Phil Spencer look back on some of their previous house-hunting missions where lifestyle needed to be balanced with business.
9.00 24 Hours in A&E A 14-year-old is rushed to St George's after an accident on her bike.
10.00 Grayson Perry's Big American Roadtrip New series. The artist and social commentator travels across America to explore divisions within the country.
11.00 Trump: An American Dream (r)

12.05 Ramsay's Kitchen Nightmares USA (r) **12.55** Inside the Bomb Squad (r) **1.25** Lodgers for Codgers (r) **2.15** FILM: Night Moves (2013) Thriller, starring Jesse Eisenberg. **4.05** Work on the Wild Side (r) **5.00** Fifteen to One (r) **5.50** Countdown (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
11.15 Can't Pay? We'll Take It Away! (r)
12.10 5 News at Lunchtime
12.15 Police Interceptors (r)
1.10 Access
1.15 Home and Away (r)
1.45 Neighbours
2.15 FILM: Killer Secrets in the Sisterhood (2019) Premiere. Thriller, starring Claire Coffee.
4.00 Friends (r)
4.30 Friends (r)
5.00 5 News at 5
5.30 Neighbours (r)
6.00 Home and Away (r)
6.30 5 News Tonight
7.00 Atlantic: A Year in the Wild (r) As winter draws ends, days lengthen and food is plentiful again. However, spring in the north is short and creatures do not have long to find food and start a family. Followed by 5 News Update
8.00 Walking Britain's Roman Roads (r) Dan Jones explores the historic Roman road of Ermine Street. Followed by 5 News Update
9.00 Brunel: Building a Great Britain Examining the story of the Victorian engineer Isambard Kingdom Brunel.
10.55 FILM: Robin Hood (2010) Medieval adventure, starring Russell Crowe.

12.05 Access **12.10** FILM: Robin Hood (2010) Concluded. **1.35** The 21.co.uk Live Casino Show **3.35** Can't Pay? We'll Take It Away! (r) **4.20** Now That's Funny! (r) **5.10** Wildlife SOS (r) **5.35** House Doctor (r)

Fort Salem, *10.45pm.*

Nadiya Bakes, *8.30pm.*

Heathrow: Britain's Busiest Airport, *8pm.*

24 Hours in A&E, *9pm.*

Walking Britain's Roman Roads, *8pm.*

BBC4

7.00 Elephant Diaries. **7.30** The Joy of Painting. **8.00** Digging for Britain. **9.00** A Cook Abroad: Rick Stein's Australia. **10.00** Hyundai Mercury Prize 2020: Album of the Year. **11.00** Mindful Escapes: Breathe, Release, Restore. **11.30** The Secret History of Writing. **12.30** Carved with Love: The Genius of British Woodwork. **1.30** The Joy of Painting. **2.00** Elephant Diaries. **2.30** The Beach: Isolation in Paradise.

ITV2

7.00 The Ellen DeGeneres Show. **8.00** Emmerdale. **8.30** Funniest Ever You've Been Framed! **9.25** Superstore. **10.25** Roswell, New Mexico. **11.25** Dinner Date. **12.25** Emmerdale. **12.55** You've Been Framed! Gold. **2.00** The Ellen DeGeneres Show. **2.55** Ellen's Game of Games. **3.50** The Masked Singer US. **4.50** Dress to Impress. **5.50** Take Me Out. **7.00** You've Been Framed! Gold. **8.00** Two and a Half Men. **9.00** Love Island USA. **10.00** Celebrity Karaoke Club. **11.00** Family Guy. **12.00** American Dad! **1.00** The Cleveland Show. **1.30** Two and a Half Men. **2.30** Roswell, New Mexico. **3.20** ITV2 Nightscreen. **3.30** Teleshopping.

ITV3

6.00 Classic Coronation Street. **6.55** Classic Emmerdale. **7.55** Heartbeat. **8.55** Bless This House. **10.00** George and Mildred. **10.30** A Touch of Frost. **12.40** Heartbeat. **1.45** Classic Emmerdale. **2.50** Classic Coronation Street. **3.55** Midsomer Murders. **5.55** A Touch of Frost. **8.00** Midsomer Murders. **10.00** DCI Banks. Part one of two. A teenage girl is murdered. **11.00** Agatha Christie's Marple. **1.00** A Touch of Frost. **2.55** Bless This House. **3.20** ITV3 Nightscreen. **3.30** Teleshopping.

SKY ONE

6.00 Futurama. **7.00** Monkey Business. **8.00** Animal 999. **9.00** Road Wars. **10.00** Manifest. **11.00** NCIS: Los Angeles. **1.00** Hawaii Five-0. **3.00** Highway Patrol. **4.00** Modern Family. **5.00** The Simpsons. **5.30** Futurama. **6.30** The Simpsons. **8.00** Football's Funniest Moments. **10.00** Two Weeks to Live. **10.30** A League of Their Own. **11.30** The Russell Howard Hour. **12.30** S.W.A.T. **1.30** Road Wars. **3.00** Brit Cops: Law & Disorder. **4.00** The Flash. **5.00** Supergirl.

SKY MAIN EVENT

6.00 Sky Sports News. **7.00** Total Goals. **7.30** Total Goals. **10.00** Good Morning Transfers. **11.00** The Football Show. **12.00** The Football Show. **1.00** Transfer Talk. **2.00** Sky Sports News. **2.30** Live Indian Premier League. **5.30** Live EFL Cup. **8.00** Live EFL Cup. Live coverage of a League Cup match. **10.30** Sky Sports News. **11.00** NBC's Pro-Football Talk. **12.00** Live: Total Access. **1.00** Sky Sports News. **1.30** Live Nba Live Play-Offs 39: Tbc @ Tbc 23.09 0130. **4.00** Sky Sports News.

SKY CRICKET

6.00 Cricket's Greatest Games. **7.00** Ashes Greats. **7.50** Ashes Greats. **8.00** Talking Cricket: Chennai 2008. **8.30** Talking Cricket: Sachin Tendulkar. **9.30** Indian Premier League. **1.30** Ashes Greats. **2.20** Ashes Greats. **2.30** Live Indian Premier League. **5.30** Women's International T20 Cricket. **9.00** Indian Premier League. **1.30** Talking Cricket: Graeme Smith. **2.00** Cricket's Greatest Games. **3.00** Ashes Greats. **3.50** Ashes Greats. **4.00** Cricket's Greatest Games. **5.00** Ashes Greats. **5.50** Ashes Greats.

BT SPORT 1

6.00 World Rallycross Highlights. **7.00** WWE Monday Night Raw. **9.30** ESPN FC. **10.00** Premier League Review. **11.00** WRC Review. **12.00** ESPN FC. **12.30** Hockey. **2.30** Live Hockey. **4.30** FIH Hockey Pro League Magazine. **5.00** Live Hockey. **7.00** BT Sport Reload. **7.30** MotoGP Highlights. **8.30** Badminton Unlimited. **9.00** Sailing to Tokyo. **9.30** Dan Hardy's Open Mat. **10.00** WWE NXT UK. **11.00** WWE NXT Highlights. **12.00** WWE Raw Highlights. **1.00** Live: WWE NXT. **3.15** MotoGP Rewind. **3.30** BT Sport Goals Reload. **4.00** World Poker Tour Series.

BBC ALBA

6.00 Alba Today. **5.00** Gudrun – A' Bhana-phrionnsa Lochlannach. **5.05** Botannan Araid Uilleim. **5.15** Bing. **5.20** BB agus Bellag. **5.25** Treud na Dlùth-choille – Grad-Naidheachd. **5.30** Tree Fu Tom. **5.50** Stòiridh. **6.00** A-null 's a-nall. **6.15** Geamaichean Gorach. **6.20** Buntàta Amh. **6.25** An Rud As Fheàrr Leam. **6.30** Saidheans Sporsail. **7.00** An Solas Buan. **7.30** Speaking Our Language. **7.55** Earrann Eachdraidh. **8.00** An Là. **8.30** Fuine. **9.00** Sar-Sgeoil – The Cone-Gatherers. **10.00** Bannan. **10.30** Tommy Burns. **11.45** Celtic Connections Shorts. **12.00** Alba Today.

BBC SCOTLAND

12.00 - 7pm as BBC2 except: **12.00** This Is BBC Scotland. **2.30** Politics Scotland. **3.15** This Is BBC Scotland. **7.00** Beechgrove. **7.30** The Harbour. **8.00** Getting Hitched Asian Style. **9.00** The Nine. **10.00** Two Doors Down. **10.30** Debate Night. **11.30** The Comedy Underground.

FILM4

11.00 Rage at Dawn (1955). **12.50** Flame of the Barbary Coast (1945). **2.45** Track of the Cat (1954). **4.55** Donovan's Reef (1963). **7.10** Max Steel (2016). Family fantasy adventure, starring Ben Winchell. **9.00** The Mountain Between Us (2017). Romantic adventure, starring Idris Elba and Kate Winslet. **11.15** Buried (2010). **1.05** Wild (2014).

DAVE

6.00 Teleshopping. **7.00** Brojects in the House. **8.00** American Pickers. **9.00** Storage Hunters UK. **10.00** American Pickers. **12.00** Red Bull Soapbox Race. **1.00** Top Gear. **3.00** Rick Stein's Far Eastern Odyssey. **4.00** Top Gear. **6.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Would I Lie to You? **8.20** Insert Name Here. **9.00** QI XL. **10.00** Live at the Apollo. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? **1.20** Insert Name Here. **2.00** Live at the Apollo. **3.00** Dara O Briain's Go 8 Bit. **4.00** Teleshopping.

RADIO

BBC RADIO 1
7.00 The Radio 1 Breakfast Show. **10.30** Clara Amfo. **12.00** Radio 1's Live Lounge. **12.45** Newsbeat. **1.00** Scott Mills. **3.30** Nick Grimshaw. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds. **8.00** Rickie, Melvin and Charlie. **10.00** Radio 1's Future Artists. **12.00** Benji B. **2.00** The Radio 1 Interview. **3.00** Radio 1's 00s Anthems. **4.00** Early Breakfast.

BBC RADIO 2
5.00 Vanessa Feltz. **6.30** The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Steve Wright. **5.05** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley. **9.00** The Folk Show. **10.00** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **3.00** Sounds of the 90s with Fearne Cotton.

BBC RADIO 3
6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Beethoven – Spirit of the Age. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **3.30** Choral Evensong. **4.30** New Generation Artists. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** Free Thinking. **10.45** The Essay: Five Kinds of Beethoven. **11.00** Night Tracks. **12.30** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today. **8.30** (LW) Yesterday in Parliament. **9.00** More or Less. **9.30** Four Thought. **9.45** (FM) Book of the Week: Dear Life. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** Cannadine on Class. **11.30** Jack & Millie. **12.00** (FM) News. **12.04** The Vanishing Futurist. **12.18** You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Two Minutes Past Nine. **2.00** The Archers. **2.15** Drama: Blood, Sex and Money by Emile Zola, Season 2 – Sex. **3.00** Money Box Live. **3.30** Inside Health. **4.00** Thinking Allowed. **4.30** The Media Show. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** Phil Ellis Is Trying. **7.00** The Archers. **7.15** Front Row. **7.45** Things Fall Apart. **8.00** The Spark. **8.45** Four Thought. **9.00** Costing the Earth. **9.30** The Media Show. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime: The Vanishing Futurist. **11.00** The Damien Slash Mixtape. **11.15** Bunk Bed. **11.30** Today in Parliament. **12.00** News. **12.30** Book of the Week: Dear Life. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Your Call. **10.00** The Emma Barnett Show. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** TBA. **10.30** Colin Murray. **1.00** Susanne Courtney.

CLASSIC FM
6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** Nicholas Owen. **7.00** Smooth Classics at Seven. **8.00** The Classic FM Concert with John Suchet. **10.00** Smooth Classics. **1.00** Sam Pittis.

BBC RADIO SCOTLAND
6.00 Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** The Afternoon Show with Grant Stott. **4.00** Drivetime. **6.00** (FM) Get It On with Bryan Burnett. **6.00** (MW) Sportsound. **7.00** (MW) Get It On with Bryan Burnett. **8.00** The Quay Sessions with Roddy Hart. **10.00** Classic Scottish Albums. **10.30** Debate Night. **11.30** Debate Night Extra.

Digging for Britain, BBC4, *8pm.*

THURSDAY SEPTEMBER 24

BBC 1

6.00 Breakfast
9.15 Crimewatch Roadshow Live
10.00 Homes Under the Hammer (r)
11.00 Ill Gotten Gains
11.45 Fraud Squad: The Hunt (r)
12.15 Grand Tours of Scotland (r)
12.20 First Minister's Questions
1.00 BBC News at One; Weather
1.30 Reporting Scotland; Weather
1.45 Land Girls (r)
2.30 Hairy Bikers' Best of British (r)
3.00 Escape to the Country (r)
3.45 Garden Rescue
4.30 The Repair Shop
5.15 Pointless
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather
7.00 The One Show Hosted by Alex Jones.
7.35 EastEnders Kheerat tells Mitch more about Chantelle and Gray.
8.00 The Grand Party Hotel New series. Behind the doors of a Liverpool hotel where people celebrate important moments, including a couple of women getting married.
9.00 Death in Paradise (r) Jack Mooney and the team are puzzled when one of the candidates in the local mayoral elections is stabbed.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.45 Question Time
11.45 Newscast; Weather
12.00 BBC News

BBC 2

6.30 The Repair Shop (r) **7.15 Garden Rescue** (r) **8.00 Sign Zone: Great Continental Railway Journeys** (r) **9.00 BBC News at 9 10.00 BBC News 12.15 Politics Live 1.00 The Boss** (r) **1.45 Make Me a Dealer** (r) **2.30 A Place to Call Home** (r)
3.20 Natural World: Jimmy and the Wild Honey Hunters (r)
4.15 Inside the Perfect Predator (r) Four of the natural world's most extraordinary hunters.
5.15 Flog It! (r)
6.00 Richard Osman's House of Games With YolanDa Brown, Rev Kate Bottley, Joel Dommett and John Thomson. (r)
6.30 The Farmers' Country Showdown
7.00 The River Wye with Will Millard (r)
7.30 Inside Culture with Mary Beard New series.
8.00 Saving Lives at Sea A teenager is trapped by the tide on a rocky outcrop.
9.00 Live at the Apollo: The One About Routines on the topic of celebrity. Last in the series.
9.30 Motherland (r) Julia reluctantly agrees to help Amanda.
10.00 Frankie Boyle's New World Order
10.30 Comedy Shorts (r)
10.45 Newsnight With Kirsty Wark.
11.25 Weather
11.30 Mortimer & Whitehouse: Gone Fishing (r)
12.00 Harry Hill's World of TV (r) **12.30** Sign Zone: Manctopia: Billion Pound Property Boom (r) **1.30** Stories of Us (r) **2.30** Food: Truth or Scare (r) **3.15** This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Judge Rinder Real-life cases in a studio courtroom.
3.00 Supermarket Sweep
3.59 STV Weather Central
4.00 Tipping Point Game show, hosted by Ben Shephard.
5.00 The Chase Contestants Eddie, Helen, Tom and Elizabeth take on today's Chaser.
6.00 STV News at Six; Weather
6.30 ITV Evening News; Weather
7.00 Emmerdale Aaron apologises, and Luke follows Victoria upstairs.
7.30 Scotland Tonight Current affairs show.
8.00 Emmerdale Tracy fumes to realise Nate has been keeping a secret.
8.30 The Martin Lewis Money Show: Live Financial tips and advice.
9.00 London Zoo: An Extraordinary Year Caring for animals at the height of the pandemic.
10.00 ITV News at Ten; Weather
10.30 STV News; Weather
10.45 Can We Save Our Jobs? Tonight
11.15 Rose West & Myra Hindley: Their Untold Story with Trevor McDonald (r)
12.05 Inside the Crown: Secrets of the Royals (r) **1.00** ITV Nightscreen **3.00** Can We Save Our Jobs? Tonight (r) **3.25** ITV Nightscreen **5.05** Judge Rinder (r)

CHANNEL 4

6.30 Mike & Molly (r)
7.10 Cheers (r)
8.05 Everybody Loves Raymond (r)
9.35 Frasier (r)
10.35 Undercover Boss USA (r)
11.30 Channel 4 News
11.35 Ramsay's Kitchen Nightmares USA (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 Find It, Fix It, Flog It (r) Items include stained glass and a Victorian hay rack.
4.00 A Place in the Sun
5.00 Couples Come Dine with Me (r)
6.00 The Simpsons (r)
6.30 Hollyoaks
7.00 Channel 4 News
8.00 Devon and Cornwall (r) Vineyard owner Val Thomas comes up with a plan to attract tourists to the Isles of Scilly in the winter.
9.00 Council House Britain Housing officer Charmain helps a pensioner whose flat is in a state of disrepair.
10.00 Lodgers for Codgers Ché moves from temporary accommodation to the home of multi-millionaire Charlie.
11.05 Kevin McCloud's Rough Guide to the Future (r) Phil Wang, Jon Richardson and Alice Levine find out how technology is dealing with humanity's biggest problems.
12.05 Ramsay's Kitchen Nightmares USA (r) **12.55** The Simpsons (r) **1.20** The Simpsons (r) **1.50** Couples Come Dine with Me (r) **2.45** This Is Us **3.35** Car S.O.S (r) **4.25** Fifteen to One (r) **5.20** Food Unwrapped (r) **5.50** Countdown (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
11.15 Can't Pay? We'll Take It Away! (r)
12.10 5 News at Lunchtime
12.15 Police Interceptors (r)
1.10 Access
1.15 Home and Away (r)
1.45 Neighbours
2.15 FILM: The Site of Murder: An Emma Fielding Mystery (2017) Whodunit, starring Courtney Thorne-Smith.
4.00 Friends (r)
5.00 5 News at 5
5.30 Neighbours (r)
6.00 Home and Away (r)
6.30 5 News Tonight
7.00 Britain: A Year in the Wild (r) The large number of rivers that criss-cross the UK. Followed by 5 News Update
8.00 GPs: Behind Closed Doors An A-level student has a pain in her collar bone. Followed by 5 News Update
9.00 999: Critical Condition New series. A one-punch attack leaves a man with a brain injury.
10.00 Extreme Nightmare Tenants A lawyer tasked with evicting an anti-social tenant in Blackpool. Last in the series.
11.05 At War with the Noise Next Door Last in the series.
12.05 The UK's Shortest Bodybuilder & Other Little Britons (r) **1.00** The 21.co.uk Live Casino Show **3.00** Access **3.10** Can't Pay? We'll Take It Away! (r) **4.00** Now That's Funny! (r) **4.45** Wildlife SOS (r) **5.10** Nick's Quest (r) **5.35** House Doctor (r)

Question Time, *10.45pm.*

Live at the Apollo: The One About, *9pm.*

The Martin Lewis Money Show: Live, *8.30pm.*

Hollyoaks, *6.30pm.*

GPs: Behind Closed Doors, *8pm.*

BBC4

7.00 Elephant Diaries. **7.30** The Joy of Painting. **8.00 FILM:** Doctor Zhivago (1965). Epic drama, starring Omar Sharif and Julie Christie. **11.05** Mindful Escapes: Breathe, Release, Restore. **11.35** Storyville: The Cult That Stole Children – Inside the Family. **12.35** David Stratton's Stories of Australian Cinema. **1.35** Edgar Wright: Life Cinematic. **2.35** Digging for Britain.

ITV2

7.00 The Ellen DeGeneres Show. **8.00** Emmerdale. **8.30** Coronation Street. **9.25** Superstore. **10.25** Roswell, New Mexico. **11.25** Dinner Date. **12.25** Emmerdale. **12.55** Coronation Street. **2.00** The Ellen DeGeneres Show. **2.55** Ellen's Game of Games. **3.50** The Masked Singer US. **4.55** Dress to Impress. **6.00** Take Me Out. **7.30** You've Been Framed! Gold. **8.00** Two and a Half Men. **9.00** Love Island USA: More to Love. **10.00** Family Guy. **11.30** American Dad! **12.25** Celebrity Karaoke Club. **1.30** Two and a Half Men. **2.30** Roswell, New Mexico. **3.20** ITV2 Nightscreen. **3.30** Teleshopping.

ITV3

6.00 Classic Coronation Street. **6.55** Classic Emmerdale. **7.55** Heartbeat. **9.00** Bless This House. **9.30** Man About the House. **10.05** George and Mildred. **10.35** A Touch of Frost. **12.40** Heartbeat. **1.45** Classic Emmerdale. **2.50** Classic Coronation Street. **3.55** Midsomer Murders. **5.55** A Touch of Frost. **8.00** Lewis. A babysitter is murdered. **10.00** DCI Banks. Part one of two. **11.00** Agatha Christie's Poirot. **1.20** A Touch of Frost. **3.00** Bless This House. **3.25** ITV3 Nightscreen. **3.30** Teleshopping.

SKY ONE

6.00 Futurama. **7.00** Monkey Business. **8.00** Animal 999. **9.00** Road Wars. **10.00** Air Ambulance ER. **11.00** NCIS: Los Angeles. **1.00** Hawaii Five-0. **3.00** Highway Patrol. **4.00** Modern Family. **5.00** The Simpsons. **5.30** Futurama. **6.30** The Simpsons. **8.00** Rob & Romesh vs Superstar DJs. **9.00** A League of Their Own. **10.00** The Russell Howard Hour. **11.00** An Idiot Abroad. **12.00** Road Wars. **12.55** The Late Late Show with James Corden: Best of the Week. **1.55** The Twilight Zone. **2.50** We're Here. **4.05** The Flash. **5.00** Supergirl.

SKY MAIN EVENT

6.00 Sky Sports News. **10.00** Good Morning Transfers. **11.00** The Football Show. **12.00** The Football Show. **1.00** Live European Tour Golf. The Dubai Duty Free Irish Open. **6.00** Sky Sports News. **7.00** The Transfer Show. Analysis of the latest transfer news. **7.30** Live EFL Cup. Live coverage of a League Cup match. **10.30** Live PGA Tour Golf. The 2020 Corales Puntacana Resort & Club Championship. **11.00** Sky Sports News. A round-up of the day's talking points. **12.00** Live: Total Access. **1.00** Live NFL. **4.30** Sky Sports News.

SKY CRICKET

6.00 Women's International T20 Cricket. **9.30** Indian Premier League. **2.00** Cricket's Greatest Games. **2.30** Live Indian Premier League. Kings XI Punjab v Royal Challengers Bangalore. **7.00** Talking Cricket: Chennai 2008. **7.30** Talking Cricket: Sachin Tendulkar. **8.00** Indian Premier League. **12.30** Nasser Meets Sachin. **1.30** Talking Cricket: Chennai 2008. **2.00** Cricket's Greatest Games. **3.00** Ashes Greats. **3.50** Ashes Greats. **4.00** Cricket's Greatest Games. **5.00** Ashes Greats. **5.50** Ashes Greats.

BT SPORT 1

6.00 Sailing to Tokyo. **6.30** WWE Monday Night Raw. **9.00** ESPN FC. **9.30** Premier League Reload. **9.45** MotoGP Rewind. **10.00** PSA Squash Highlights. **11.00** Fishing: On The Bank. **12.00** DTM Highlights. **1.00** ESPN FC. **1.30** MotoGP Highlights. **2.30** FIM Speedway Highlights. **4.30** WRC Review. **5.30** Super Cup: Liverpool v Chelsea. **7.00** Live UEFA Super Cup. Bayern Munich v Sevilla (Kick-off 8pm). **10.30** Premier League Match Pack. **11.00** Live MLB. Action from Major League Baseball. **2.00** World Poker Tour Series.

BBC ALBA

5.00 Ceitidh Morag. **5.15** Shane an Chef. **5.30** Pincidh Dincidh Dù. **5.40** Abadas. **5.55** Stòiridh. **6.00** Donnie Murdo. **6.10** Dràgonan – Rèis chun an iomaill. **6.35** Aithne air Ainmhidhean. **7.00** Dileas. **7.30** Speaking Our Language. **7.55** Earrann Eachdraidh. **8.00** An Là. **8.30** Sgoil nan Sagart/Priest School. **9.00** The Brewdog Story. **10.00** Seòid a' Chidsin – The Kitchen Coves. **10.30** Slighean Trailleachd. **11.20** Celtic Connections Shorts. **11.30** Bannan. **12.00** Alba Today.

BBC SCOTLAND

12.00 - 7pm as BBC2 except: **12.00** This Is BBC Scotland. **12.20** First Minister's Questions. **1.00** This Is BBC Scotland. **7.00** Island Medics. **7.30** Beechgrove. **8.00** Landward. **8.30** The Scandals That Shocked Scotland. **9.00** The Nine. **10.00** Return to Real Kashmir FC. **11.00** Up for It. **11.30** Nico's Menu Mission.

FILM4

11.00 The Cassandra Crossing (1976). **1.40** Stalag 17 (1953). **4.00** How to Murder Your Wife (1965). **6.20** A Beautiful Mind (2001). Biopic, starring Russell Crowe. **9.00** The Girl on the Train (2016). Thriller, starring Emily Blunt. **11.15** Funny Cow (2017). Premiere. Drama, starring Maxine Peake. **1.20** Daphne (2017).

DAVE

6.00 Teleshopping. **7.00** Brojects in the House. Home renovation show. **8.00** American Pickers. **9.00** Storage Hunters UK. **10.00** American Pickers. **12.00** Red Bull Soapbox 2015. **1.00** Top Gear. **3.00** Rick Stein's Far Eastern Odyssey. **4.00** Top Gear. **6.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Would I Lie to You? **8.20** Insert Name Here. **9.00** QI XL. **10.00** Live at the Apollo. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? **1.20** Insert Name Here. **2.00** QI XL. **3.00** Dara O Briain's Go 8 Bit. **4.00** Teleshopping.

RADIO

BBC RADIO 1
7.00 The Radio 1 Breakfast Show. **10.30** Clara Amfo. **12.00** Radio 1's Live Lounge. **12.45** Newsbeat. **1.00** Scott Mills. **3.30** Nick Grimshaw. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds. **8.00** Rickie, Melvin and Charlie. **10.00** Radio 1's Indie Show. **12.00** Radio 1's Soundsystem. **2.00** Radio 1's Drum & Bass Mix. **3.00** The Happy Hour from Radio 1. **4.00** Radio 1's Weekend Early Breakfast.

BBC RADIO 2
5.00 Vanessa Feltz. **6.30** The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Steve Wright. **5.05** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley. **9.00** The Country Show. **10.00** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **3.00** Pick of the Pops. **4.00** Pick of the Pops.

BBC RADIO 3
6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Beethoven – Spirit of the Age. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** Free Thinking. **10.45** The Essay. **11.00** The Night Tracks Mix. **11.30** Unclassified. **12.30** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today. **8.30** (LW) Yesterday in Parliament. **9.00** In Our Time. **9.45** (FM) Book of the Week: Dear Life. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** From Our Own Correspondent. **11.30** Packing Up the Family Home. **12.00** News. **12.04** The Vanishing Futurist. **12.18** You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Two Minutes Past Nine. **2.00** The Archers. **2.15** Drama: Blood, Sex and Money by Emile Zola, Season 2 – Sex. **3.00** Ramblings. **3.27** Radio 4 Appeal. **3.30** Open Book. **4.00** The Film Programme. **4.30** BBC Inside Science. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** John Finnemore's Souvenir Programme. **7.00** The Archers. **7.15** Front Row. **7.45** Things Fall Apart. **8.00** The Briefing Room. **8.30** In Business. **9.00** BBC Inside Science. **9.30** In Our Time. **10.00** The World Tonight. **10.45** Book at Bedtime: The Vanishing Futurist. **11.00** The Skewer. **11.30** Today in Parliament. **12.00** News and Weather. **12.30** Book of the Week: Dear Life. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Your Call. **10.00** The Emma Barnett Show. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** TBA. **10.00** Question Time Extra Time. **1.00** Dotun Adebayo.

CLASSIC FM
6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** Nicholas Owen. **7.00** Smooth Classics at Seven. **8.00** The Classic FM Concert with John Suchet. **10.00** Smooth Classics. **1.00** Jane Jones.

BBC RADIO SCOTLAND
6.00 Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** The Afternoon Show with Grant Stott. **4.00** Drivetime. **6.00** (FM) Get It On with Bryan Burnett. **6.00** (MW) Sportsound. **8.00** (FM) Travelling Folk. **10.00** (FM) Natasha Raskin Sharp. **10.30** (MW) Natasha Raskin Sharp.

Mindful Escapes: Breathe, Release, Restore, BBC4, *11.05pm.*

TELEVISION

FRIDAY SEPTEMBER 25

BBC 1

6.00 Breakfast
9.15 Crimewatch Roadshow Live
10.00 Homes Under the Hammer (r)
11.00 Ill Gotten Gains
11.45 Fraud Squad: The Hunt
12.15 Bargain Hunt
1.00 BBC News at One; Weather
1.30 Reporting Scotland; Weather
1.45 Land Girls (r)
2.30 Hairy Bikers' Best of British (r)
3.00 Escape to the Country (r)
3.45 Garden Rescue
4.30 The Repair Shop
5.15 Pointless Quiz, hosted by Alexander Armstrong.
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather
7.00 The One Show
7.30 Landward (r) Dougie Vipond finds out about a new product making use of an ancient crop.
8.00 A Question of Sport With Katherine Grainger, Kevin Campbell, Michael Jamieson and Christine Ohuruogu.
8.30 EastEnders Gray gets a visit from the police with new information.
9.00 Michael McIntyre: Happy & Glorious (r) A performance from the comedian's 2015 tour of the UK and Ireland.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.45 FILM: Old School (2003) Comedy, starring Luke Wilson and Will Ferrell.
12.15 Weather for the Week Ahead **12.20** BBC News

BBC 2

6.30 The Repair Shop (r) **7.15** Garden Rescue (r) **8.00** Sign Zone: The Repair Shop (r) **9.00** BBC News at 9 **10.00** BBC News **1.00** Decimate (r) **1.45** Make Me a Dealer (r) **2.30** A Place to Call Home (r) Sarah and George prepare to leave for his embassy posting in Israel. Last in the series.
3.25 The A to Z of TV Cooking (r)
3.45 Natural World: One Million Snake Bites (r) A reported snake-bite epidemic in India.
4.45 Athletics: Diamond League Doha The eighth meeting of the season.
6.30 Richard Osman's House of Games (r) With YolanDa Brown, the Rev Kate Bottley, Joel Dommett and John Thomson.
7.00 Celebrity Antiques Road Trip (r) With Kelly Brook and Denise Van Outen.
8.00 Gardeners' World Glorious gardens the programme has visited over the last few years.
9.00 The Romantics and Us with Simon Schama How the Romantics created the secular cult of national belonging. Last in the series.
10.00 Later – with Jools Holland: Mercury Prize 2020 New series. The victor of the award discusses their musical journey.
10.45 Newsnight
11.15 Weather
11.20 Battlestar Galactica (r)
12.05 Battlestar Galactica (r) **12.45** FILM: The Midwife (2017) Drama, starring Catherine Deneuve. **2.40** Sign Zone: Panorama (r) **3.45** Louis Theroux: Life on the Edge (r) **4.45** This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Judge Rinder A man tries to claim £300 owed on loans he made to his former girlfriend.
3.00 Supermarket Sweep
3.59 STV Weather Central
4.00 Tipping Point Game show, hosted by Ben Shephard.
5.00 The Chase Contestants Christian, Melanie, Marc and Kathy take part.
6.00 STV News at Six; Weather
6.30 ITV Evening News; Weather
7.00 Emmerdale Dawn is upset and soon left worried, and Manpreet announces a family trip.
7.30 Coronation Street Debbie tells Kevin that Abi is having an affair.
8.30 Vera (r) The detective investigates when a student falls to his death in mysterious circumstances, so Vera turns to friends and family to glean all she can about the dead man.
10.30 ITV News; Weather
11.00 STV News; Weather
11.15 Jonathan Ross' Comedy Club (r) Featuring sets from Nigel Ng, Bec Hill and Jordan Brookes.
11.45 Supermarket Sweep (r) Rylan Clark-Neal hosts.
12.40 ITV Nightscreen **3.00** 1000 Heartbeats (r) **3.50** ITV Nightscreen

CHANNEL 4

6.30 Mike & Molly (r)
7.10 Cheers (r)
8.05 Everybody Loves Raymond (r)
9.35 Frasier (r)
10.35 Undercover Boss USA (r)
11.30 Channel 4 News
11.35 Ramsay's Kitchen Nightmares USA (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 Find It, Fix It, Flog It (r) An old bureau gets a makeover.
4.00 A Place in the Sun
5.00 Couples Come Dine with Me (r)
6.00 The Simpsons Selma dates Troy McClure. (r)
6.30 The Simpsons (r)
7.00 Channel 4 News
8.00 The Great British Bake Off: An Extra Slice New series. Matt Lucas, AJ Odudu and Richard Osman join host Jo Brand.
9.00 Gogglebox The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions.
10.00 Five Guys a Week Five men compete for the attentions of carer Bonnie.
11.05 First Dates (r) Daters include a man who believes his voice puts off potential girlfriends.
12.10 FILM: Criminal (2016) Thriller, starring Kevin Costner. **2.05** Come Dine with Me (r) **2.30** Come Dine with Me (r) **3.00** Come Dine with Me (r) **3.25** Come Dine with Me (r) **3.55** Come Dine with Me (r) **4.25** Fifteen to One (r) **5.15** Food Unwrapped (r) **5.45** Kirstie's Vintage Gems (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
11.15 Can't Pay? We'll Take It Away: Big Family Bust-Up (r)
12.10 5 News at Lunchtime
12.15 Police Interceptors (r)
1.10 Access
1.15 Home and Away (r)
1.45 Neighbours
2.15 FILM: Deadly Prescription (2018) Premiere. Medical thriller, starring Joanne Kelly.
4.00 Friends (r)
5.00 5 News at 5
5.30 Neighbours (r)
6.00 Home and Away (r)
6.30 5 News Tonight
7.00 The Gadget Show New series. Craig Charles continues his quest to create the ultimate smart home. Followed by 5 News Update
8.00 Secret Scotland with Susan Calman The comedian explores the beautiful Trossachs and west of Scotland. Followed by 5 News Update
9.00 Atlantic: A Year in the Wild Summer sees the North Atlantic is at its warmest, though food is still limited.
10.00 FILM: John Wick (2014) Action thriller, starring Keanu Reeves.
11.05 Access Showbiz news and gossip.
11.10 FILM: John Wick (2014) Concluded.
12.10 Flights from Hell – Passengers (r) **1.05** The 21.co.uk Live Casino Show **3.05** Access **3.10** Can't Pay? We'll Take It Away! (r) **4.00** OMG! Make Me a Famous Face (r) **4.45** Wildlife SOS (r) **5.10** Nick's Quest (r) **5.35** House Doctor (r)

A Question of Sport, *8pm.*

Gardeners' World, *8pm.*

Vera, *8.30pm.*

Five Guys a Week, *10pm.*

The Gadget Show, *7pm.*

BBC4

7.00 Elephant Diaries. **7.30** Top of the Pops: Kylie Minogue. **8.00** Top of the Pops: 1981 Big Hits. **9.00** Australian Hits at the BBC. **10.00** FILM: Mystify: Michael Hutchence (2019). **11.40** INXS: Live Baby Live. **12.40** Smashing Hits! The 80s Pop Map of Britain and Ireland. **1.40** Australian Hits at the BBC. **2.40** Top of the Pops: Kylie Minogue.

ITV2

7.00 The Ellen DeGeneres Show. **8.00** Emmerdale. **9.00** You've Been Framed! Gold. **9.25** Superstore. **10.25** Roswell, New Mexico. **11.25** Dinner Date. **12.25** Emmerdale. **1.30** You've Been Framed! Gold. **2.00** The Ellen DeGeneres Show. **2.55** Ellen's Game of Games. **3.50** The Masked Singer US. **5.50** Take Me Out. **7.00** You've Been Framed! Gold. **8.00** Two and a Half Men. **9.00** Love Island USA. **10.55** Family Guy. **11.55** American Dad! **12.45** The Cleveland Show. **1.45** Two and a Half Men. **2.40** Roswell, New Mexico. **3.30** Teleshopping.

ITV3

6.00 Classic Coronation Street. **6.55** Classic Emmerdale. **7.55** Heartbeat. **8.55** Man About the House. **9.55** George and Mildred. **10.25** A Touch of Frost. **12.40** Heartbeat. **1.45** Classic Emmerdale. **2.50** Classic Coronation Street. **3.55** Midsomer Murders. **5.55** A Touch of Frost. **8.00** Doc Martin. **10.00** DCI Banks. **11.00** Agatha Christie's Poirot. **12.05** A Touch of Frost. **2.05** Agatha Christie's Poirot. **3.00** Bless This House. **3.25** ITV3 Nightscreen. **3.30** Teleshopping.

SKY ONE

6.00 Futurama. **7.00** Monkey Business. **8.00** Animal 999. **9.00** Road Wars. **10.00** Air Ambulance ER. **11.00** NCIS: Los Angeles. **1.00** Hawaii Five-0. **3.00** Highway Patrol. **4.00** Modern Family. **5.00** The Simpsons. **5.30** Futurama. **6.30** The Simpsons. **8.00** Modern Family. **9.00** Micky Flanagan's Detour de France. **10.00** The Late Late Show with James Corden: Best of the Week. **11.00** A League of Their Own. **12.00** The Russell Howard Hour. **1.00** The Force: Essex. **2.00** Brit Cops: Law & Disorder. **3.00** The Flash. **5.00** Supergirl.

SKY MAIN EVENT

6.00 Sky Sports News. A round-up of the day's talking points. **9.00** Live Russian F1 GP: Practice 1. **11.00** The Football Show. **12.00** The Football Show. **1.00** Live European Tour Golf. **6.00** The Women's Football Show. **7.00** Live EFL. **10.30** Sky Sports News. **11.00** Sky Sports News. **12.00** Live: Total Access. **1.00** Sky Sports News. **1.30** Live Nba Play-Offs 41: Tbc @Tbc 25.09 0130. **4.00** Sky Sports News. **5.30** Live Mitre 10 Cup Rugby Union.

SKY CRICKET

6.00 Cricket's Greatest Games. **7.00** Best of England v Australia. **7.20** Ashes Greats. **7.45** Best of England v Australia. **8.00** Best of The 2016 IPL. **9.00** Indian Premier League. **1.30** Best of England v Australia. **1.50** Ashes Greats. **2.15** Best of England v Australia. **2.30** Live Indian Premier League. **7.00** Nasser Meets Sachin. **8.00** Indian Premier League. **12.30** Cricket in Mumbai. **1.30** Talking Cricket: Windrush. **2.00** Cricket's Greatest Games. **3.00** Best of England v Australia. **3.20** Ashes Greats. **3.45** Best of England v Australia. **4.00** Cricket's Greatest Games. **5.00** Best of England v Australia. **5.20** Ashes Greats. **5.45** Best of England v Australia.

BT SPORT 1

6.00 Premier League World. **6.30** Premier League Match Pack. **7.00** WWE Raw Highlights. **8.00** WWE NXT. **9.45** ESPN FC. **10.15** Premier League Reload. **10.30** Live AFL. **1.30** Premier League Match Pack. **2.00** PSA Squash Highlights. **3.00** DTM Highlights. **4.00** Ultra-Trail World Tour. **4.30** Premier League World. **5.00** Bundesliga Special. **5.30** Bundesliga Weekly. **6.00** Premier League Preview. **6.30** Scottish Football Extra. **7.00** BT Sport Reload. **7.15** Live Bundesliga. **9.30** We Are Union. **11.30** Premier League Preview. **12.00** WWE SmackDown Highlights. **1.00** Live: WWE Friday Night SmackDown. **3.00** MotoGP: ICYMI. **3.15** Live: V8 Supercars – Sandown. **4.00** Premier League Preview. **4.30** Premier League Match Pack. **5.00** MotoGP: ICYMI. **5.15** BT Sport Reload.

BBC ALBA

6.00 Alba Today. **5.00** Piseag & Cuilean/Kit & Pup. **5.15** Creag nam Buthaidean. **5.20** Bruno. **5.25** Botannan Araid Uilleim. **5.30** Padraig Post: Seirbheis Deis agus Sonraichte. **5.45** Gudrun – A' Bhana-phrionnsa Lochlannach. **5.50** Stòiridh. **5.55** Fitheach. **6.10** Buntàta Amh. **6.15** Geamaichean Gorach. **6.20** Clann Na Cruinne. **6.35** Machair. **7.00** An Là. **7.25** Fraochy Bay. **7.30** Bonn Còmhraidh. **8.00** Fonn mo Bheatha. **8.30** Dealbhan Fraoich. **9.00** Opry Dhoire. **10.00** The Optimists. **10.50** Dhan Uisge. **11.00** Seirm. **12.00** Alba Today.

BBC SCOTLAND

12.00 - 7pm as BBC2 except: **12.00** This Is BBC Scotland. **7.00** One Night in the Museum. **7.45** Rewind 1990s. **8.00** Paramedics on Scene. **9.00** The Nine. **10.00** Burnistoun. **10.30** Frankie Boyle's New World Order.

FILM4

11.00 Two Rode Together (1961). **1.15** When Eight Bells Toll (1971). **3.05** Pony Express (1953). **5.10** Carry On Nurse (1959). **6.55** Goodbye Christopher Robin (2017). **9.00** Stargate (1994). **11.20** 2 Guns (2013). **1.30** Machete Kills (2013).

DAVE

6.00 Teleshopping. **7.00** Brojects in the House. **8.00** American Pickers. **9.00** Storage Hunters UK. **10.00** American Pickers. **12.00** Red Bull Soapbox Race. **1.00** Top Gear. **3.00** Rick Stein's Far Eastern Odyssey. **4.00** Top Gear. **6.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Would I Lie to You? **8.20** Insert Name Here. **9.00** QI XL. **10.00** FILM: Rambo (2008). **11.50** Taskmaster. **12.50** Would I Lie to You? **1.30** Insert Name Here. **2.10** QI XL. **2.55** Dara O Briain's Go 8 Bit.

RADIO

BBC RADIO 1
6.30 Radio 1's Best New Pop. **7.00** Weekend Breakfast. **10.00** Radio 1 Anthems. **11.00** Jordan North. **12.45** Newsbeat. **1.00** Dev. **3.00** Radio 1's Party Anthems. **4.00** The Official Chart Show. **5.45** Newsbeat. **6.00** Radio 1's Dance Party. **8.00** Danny Howard. **10.00** Pete Tong. **12.00** Radio 1's Essential Mix. **2.00** Radio 1 Dance Presents. **3.00** Annie Mac in the Mix. **4.00** Radio 1's Wind Down.

BBC RADIO 2
5.00 Vanessa Feltz. **6.30** The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Steve Wright. **5.00** Sara Cox. **7.00** Tony Blackburn. **8.00** Sounds of the 80s. **10.00** Sounds of the 90s. **12.00** Bruce Springsteen: From My Home to Yours. **1.00** The Craig Charles House Party. **2.30** The Craig Charles House Party Mixtape. **3.00** The First Time with Jimmy Cliff. **4.00** Huey Morgan.

BBC RADIO 3
6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Beethoven – Spirit of the Age. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **4.30** The Listening Service. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** The Verb. **10.45** The Essay: Five Kinds of Beethoven. **11.00** Late Junction. **1.00** Through the Night.

BBC RADIO 4
6.00 Today. **8.30** (LW) Yesterday in Parliament. **9.00** Desert Island Discs. **9.45** (FM) Book of the Week: Dear Life. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** The Austerity Audit. **11.30** Believe It! **12.00** News. **12.04** The Vanishing Futurist. **12.18** You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Two Minutes Past Nine. **2.00** The Archers. **2.15** Drama: Blood, Sex and Money by Emile Zola, Season 2 – Sex. **3.00** Gardeners' Question Time. **3.45** Short Works. **4.00** Last Word. **4.30** More or Less. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** The News Quiz. **7.00** Front Row. **7.45** Things Fall Apart. **8.00** Any Questions? **8.50** A Point of View. **9.00** Two Minutes Past Nine. **10.00** The World Tonight. **10.45** Book at Bedtime: The Vanishing Futurist. **11.00** Great Lives. **11.30** 50 More Things That Made the Modern Economy. **11.45** Today in Parliament. **12.00** News and Weather. **12.30** Book of the Week: Dear Life. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Your Call. **10.00** Chiles on Friday. **1.00** Elis James and John Robins. **2.30** Kermode and Mayo's Film Review. **4.00** 5 Live Drive. **7.00** TBA. **10.00** Stephen Nolan. **1.00** TBA.

CLASSIC FM
6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** Nicholas Owen. **7.00** Smooth Classics at Seven. **8.00** The Classic FM Concert with John Suchet. **10.00** Smooth Classics. **1.00** Katie Breathwick. **4.00** Jane Jones.

BBC RADIO SCOTLAND
6.00 Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** The Good, the Bad and the Unexpected. **2.00** The Friday Afternoon Show. **4.00** Drivetime. **6.00** (FM) Grant Stott's Vinyl Collective. **6.00** (MW) Sportsound. **7.00** (MW) Grant Stott's Vinyl Collective. **8.00** Memory Radio. **10.00** Ashley Storrie.

Mystify: Michael Hutchence, BBC4, *10pm.*

Ewan's Viewing

EWAN CAMERON REVIEWS THIS WEEK'S TELLY

PURE PULPY MELODRAMA

I don't think the world was crying out for a prequel to One Flew Over The Cuckoo's Nest but here it is, in the form of Ratched on Netflix.

That book and Oscar-winning film were groundbreaking portrayals of life in a psychiatric hospital and were infused with sensitivity and subtlety. Ratched has none of that.

This is pure pulpy melodrama that can't figure if it wants to be a soap opera or a horror film.

Sarah Paulson, in the title role of Mildred Ratched, seems incapable of giving a bad performance but she's hamstrung by an eight-part series that veers from lurid camp to cliched horror at alarming speed. If you loved the film or book, avoid at all costs.

DUMB HORROR FILM TROPES

Given how much I adored the first episode, it pains me to admit that Lovecraft Country (Sky Atlantic) is getting sillier by the week.

Tonally, it's all over the map and the subtle touches that endeared itself to me in the opener have been jettisoned in favour of dumb horror film tropes.

I'll keep watching to the end in the hope it reverts back to its earlier incarnation, but I'm not holding out much hope.

Infamous killer

ITV'S DES EXPLORES HIDEOUS CRIMES OF BROCH-BORN MURDERER DENNIS NILSEN

When you're making a programme about a notorious criminal like Broch-born serial killer Dennis Nilsen, there's always the question: Why is this entertainment?

It's one thing to make a work of fiction – Line Of Duty revels in its casual violence and is arguably the most popular TV show of the last decade – but it's another if the crimes are real and recent.

The families of the men Dennis Nilsen murdered are still alive, so the makers of Des (ITV) went out of their way to make it as sensitive as possible.

David Tennant really dialled the mannerisms down, imbuing Nilsen with a dead-eyed calmness. His initial police interview was almost darkly comic, given how at odds his couthy demeanour was with the horrors he'd committed.

Tennant's Fraserburgh accent may have fallen halfway between Bathgate and the Broch but, to be fair, if you watch clips of real-life Nilsen you'd be hard-pressed to detect a Doric twang to him either.

The first two parts, when we saw detectives building the case against him, were fascinating, but the third – the murder trial – felt as though the makers had run out of drama. Since most viewers probably know the outcome, they tried to create suspense by suggesting that Nilsen might be mentally ill, and so might be not be found guilty of the murders, but it wasn't enough to keep me gripped.

I wish it had delved a little bit deeper into the motivations of Nilsen. He mentions seeing the body of his grandfather in a coffin as a child but, other than that, there was precious little biographical material.

Then again, perhaps this mystery is baked into the material from the start.

Remember, Des was based on interviews with Nilsen himself.

How much stock do we want to put in the self-analysis of such a despicable man?

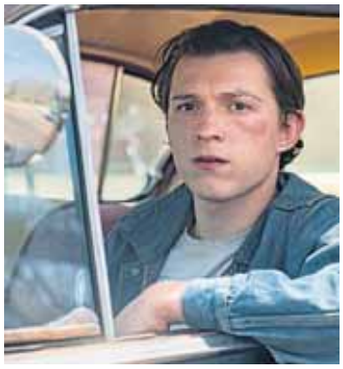
MORE THAN MEETS THE EYE

Although the story of The Third Day (Sky Atlantic) may be familiar to fans of films like The Wicker Man or Midsommar, it has one unique thing going for it.

Jude Law plays Sam, the audience's surrogate, who finds himself on the mysterious island of Osea and discovers there's more about the place than meets the eye. That's a pretty bland premise, but what intrigues me is the plan for telling it.

The series is divided into three parts – Summer, Autumn and Winter. The middle one will be broadcast as a live theatrical event on October 3 and filmed on the real Osea island.

Hopefully the plot will keep me hooked long enough so I can tune in to see if that's a disaster.



Ewan's movie of the week

THE DEVIL ALL THE TIME
NETFLIX

This dark-hearted Bible Belt drama is set in the years between the Second World War and Vietnam, and features Spider-Man's Tom Holland and Twilight's Robert Pattinson in its sprawling cast, but don't think those actors' teen-friendly back catalogue will make things more palatable for the audience. This is bleak, brutal stuff (although, it's worth noting, considerably tamer than the superb Donald Ray Pollack novel it's based upon). At more than two hours in length and touching upon religious fanaticism, small town corruption, sexual abuse and serial killers, this could easily become a saggy dirge, but it never feels like that, thanks to great performances across the board and a narrative that zips confidently back and forth in time. The film's narrator – voiced by Donald Ray Pollack himself – sums things up better than I ever could: "Some people were born just so they could be buried."

WHAT DO YOU THINK? FACEBOOK.COM/EVENINGTELE TWITTER.COM/EVENING_TELE EWAN.CAMERON@AJL.CO.UK

SOLUTIONS

MIND THE GAP

One possible solution is Trivial, Vanilla, Wallaby, Athlete, Caramel, Fragile, Hateful VILLAGE

SET SQUARE

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SUGURU

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SKELETON

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SPIRAL

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1 Wool 2 Lilac 3 Coat of arms
4 Spellbound 5 Digress 6 Shallow
7 Waitresses 8 Shopkeepers
9 Storm 10 Magic 11 Cost
12 Tokyo 13 Over 14 Rung
15 Grand piano 16 Owls
17 Scoundrel 18 Lifeboat
19 Traumatised 20 Demotivate
21 Emma 22 Antiseptic 23 Chin
24 Narrates 25 Scarf 26 Farm
27 Mammoth 28 Herbal 29 Launch

WOLVERHAMPTON

SUDOKU

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CRYPTIC CROSSWORD

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QUICK CROSSWORD

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C	H	A	N	G	E	O	F	S	C	E	N	E
E		G		I		R		A		N		I
D	R	E	D	G	E		S	P	O	T	O	N

KILLER SUDOKU

3	1	2	9	5	8	6	7	4
7	4	8	2	1	6	5	9	3
6	5	9	3	4	7	8	1	2
4	8	7	5	6	9	3	2	1
2	3	6	8	7	1	4	5	9
1	9	5	4	3	2	7	6	8
8	7	1	6	9	3	2	4	5
9	2	4	7	8	5	1	3	6
5	6	3	1	2	4	9	8	7

KAKURO

		4	2	1	3			3	4	2	1	
	4	2	1	3	5			2	3	1	5	7
	3	1			7	9	5			2	1	
		3	1		4	2	1		1	3		
			2	4	9	6	8	5	7			
1	7			2	6		9	7		5	9	
2	5	1	3	8			6	4	1	3	7	
		4	2	1				6	2	1		
7	9	3	8	6			7	9	4	8	6	
9	8		7	9			3	1		9	7	
		4	9	8	6	1	2	3				
	1	2		4	8	2		1	7			
1	3			7	9	4			9	8		
5	4	3	1	2			5	9	8	4	6	
	2	5	3	1			6	7	9	8		

STAIRCASE

CASTLE, HOME, HOTEL, HOSTEL, WIGWAM, GARAGE, LODGE spelling COTTAGE

WORDSEARCH

B	J	D	J	N	E	W	T	D	E	M	R	E
R	T	E	J	H	S	I	F	G	H	I	A	S
O	T	G	U	T	A	E	A	P	B	D	R	O
A	I	N	S	O	F	I	M	A	C	G	T	H
C	M	I	G	R	L	Y	Y	H	C	E	D	R
H	E	N	O	O	N	C	A	I	N	A	W	S
E	S	A	F	A	R	N	S	H	E	R	O	N
S	H	E	O	T	N	F	R	U	P	R	I	E
U	A	L	S	E	S	E	O	I	L	U	P	C
D	D	C	L	I	M	G	U	B	P	L	M	R
T	E	S	H	A	L	L	O	W	A	P	O	P
I	T	E	L	N	I	T	A	N	B	E	L	M
S	O	R	R	T	L	I	T	A	E	N	Y	E

MISSING LINKS

	O	D	D	S		P	O	S	T			
C	R		E		I		I					
A	G	E		V	I	N	E	G	A	R		
T	A		E		K		H		E			
H	O	M	I	N	G		S	T	A	G		
O			V			I			I			
L	A	D	Y		M	O	R	R	I	S		
I		I		W		R		I		T		
C	U	S	T	A	R	D		D	Y	E		
		C		L		E		G		R		
	F	O	R	K		R	E	E	L			

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SEDUM SPURIUM

CERASTIUM